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## BES top performer among national banks

Contrary to what was written in last week's edition **Banco Espírito Santo** (BES) recorded the best results among the three main Portuguese banks during the first half of 2008. While BES, when compared with the first quarter in 2007, showed a drop of 28%, BCP and BPI saw profits fall by 67.1% and 95.2%, respectively. On an international level, BES's liquid results were up 59.1%, while the bank captured 90,000 new customers the first half of 2008 (up 22% for the year-on-year period). According to the bank, most analysts in the sector predict that BES is best prepared to face the difficult economic and financial situation that lies ahead.

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## Auditors and inspectors to personally visit 53,000 taxpayers to prepare seizure of goods and property

# TAXMAN GETS TOUGH

Reinforcements have been summoned by the national tax bureau as they look to retrieve more billions of euros in overdue and unpaid taxes. In an unprecedented move, tens of thousands taxpayers should brace themselves for a personal visit by tax officers. During these visits, inspectors will survey the value of property and goods they intend seizing in the near future which will then be used to reduce or cancel outstanding fiscal debts.

**Tax, see p. 14**

## Madeleine police files released

Long-awaited police files into the disappearance of Madeleine McCann are made public. (See P. 2)

## Father abandons sons on road 300 kms from home

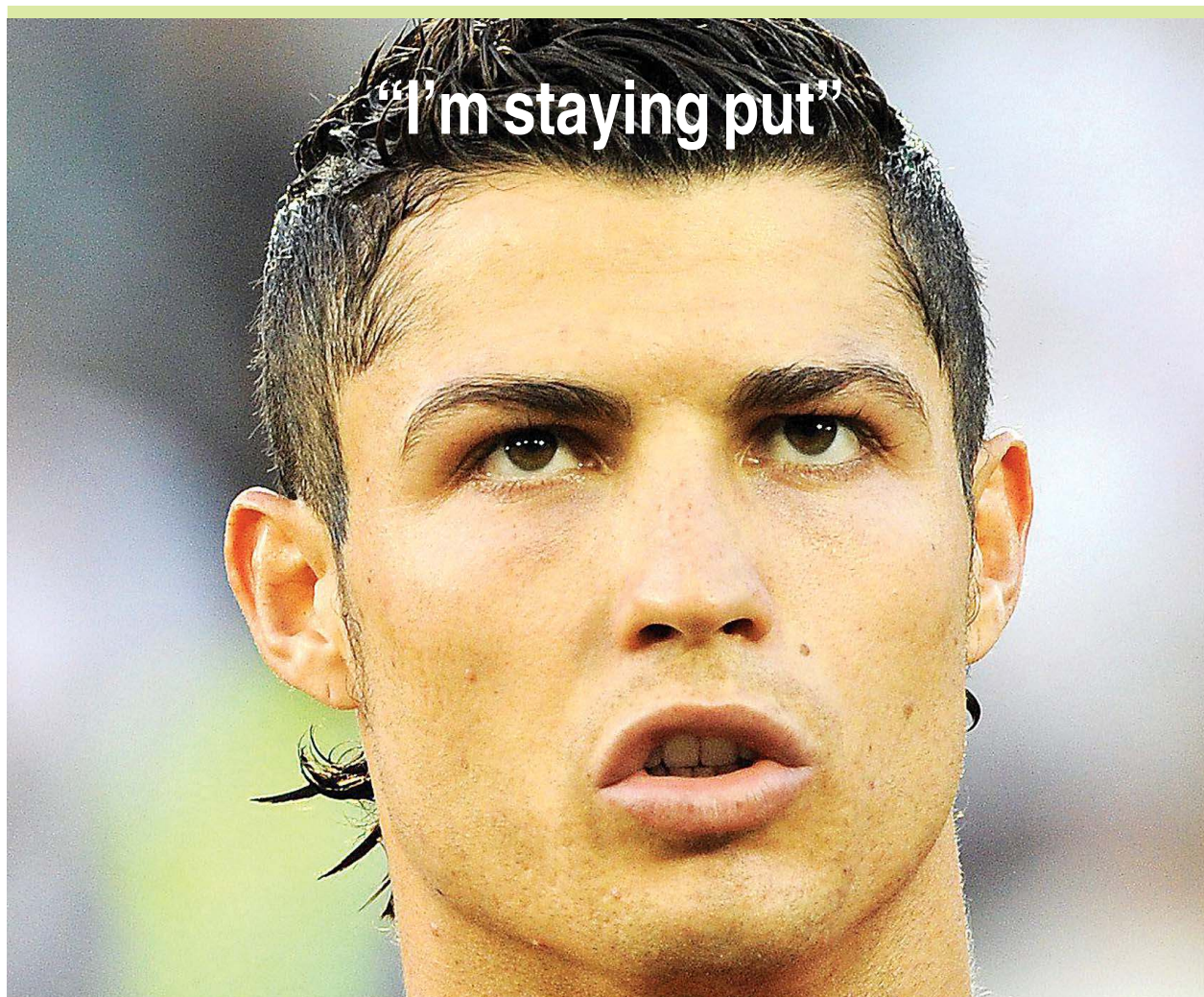
A father booted his two 11-year-old twin sons out of the car in which they were travelling in the very early hours of the morning and left them on the roadside in the Algarve, nearly 300 kilometres away from their home. (See P. 4)

## Ronaldo: "I'm going nowhere"

In an interview published on Thursday by Público and the Guardian, Portuguese star Cristiano Ronaldo has confirmed that he will not be leaving Manchester United for Real Madrid. (See P. 72)

## Seven day weather outlook

**Lisbon:** Despite conditions being partly cloudy for much of next week temperatures will sit around the 30° mark throughout next week. **Faro:** Blue skies and temperatures in their late 20s and early 30s can be expected over the next seven days. **Oporto:** Thermometers will be sitting in their mid 20s, while fog patches are expected for much of next week.



Cristiano Ronaldo during the EURO 2008 Quarter Final match between Portugal and Germany in Switzerland on 19 June 2008. (Photo: EPA/Daniel dal Zennaro) See story on p.72



# New insight into what happened behind the scenes as Madeleine case file is open



Portuguese and British media reports this past week were dominated by extracts from the case files into the disappearance of Madeleine McCann. While the British media focussed on flaws that have emerged in the files regarding the techniques employed by detectives, their Portuguese counterparts have been more subdued, though criticism of the national force has been filtering through.

While extracts will continue to emerge in the coming days contained in the 11,223 pages which make up the report issued this week by the Public Prosecutors Office in Portimão, initial reading has painted Kate and Gerry McCann as victims, with little to substantiate suspicion of the couple whose daughter went

missing last year on May 3<sup>rd</sup>.

Among the arguments presented by prosecutors in the final report on Madeleine's disappearance, is the fact that neither of the parents were in the apartment at the time of their daughter's disappearance.

The report states that one of the reasons the couple were made

suspects was due to the reaction of sniffer dogs brought over from Britain to Praia da Luz last August. However, it adds that subsequent analysis failed to substantiate the 'findings' made by these dogs.

Another piece of evidence which apparently led to the McCanns being made suspects was an e-mail deemed to be compromising by detectives. But this evidence was later also ruled out.

The report also reasons that even if the couple had been responsible for the death of their daughter, no explanations existed as to under what circumstances it occurred, such as how, when, why and with what help.

Prosecutors further highlight that Kate and Gerry had little knowledge of the surrounding areas, when they considered the potential scenario that they were involved in their daughter's disappearance and concealment of her body.

The report continues by stating that the McCanns had no contacts in Portugal. This statement is backed up by phone records which show the couple had only contacted the friends they were on holiday with in the days leading up to Madeleine's disappearance.

Prosecutors also confirm that the first call made by the couple after their daughter went missing was to the police, and not to a British television station as had been widely claimed in some sections of the Portuguese media quoting police sources.

Prosecutors, while ruling out any involvement of the couple, express regret at being unable to perform a reconstruction of the night of May 3<sup>rd</sup>, arguing it would have liked to test the listening service or surveillance methods members of so-called Tapas 9 employed that night.

Prosecutors admit to still having some doubts as to testimonies provided by members of the group, including the McCanns, referring to details they say were not entirely clarified.

The report states that the case has not been definitively closed, and adds that all scenarios remain open: abduction, murder or accidental death and concealment of the body.

In a series of passing remarks, the report lashes out at certain sections of the media, saying the behaviour of some journalists hampered investigations and criticised reporters for laying the guilt on Kate and Gerry McCann, which it says revealed a lack of respect for their fellow human beings.

Three days before Kate and Gerry McCann were declared formal suspects or *arguidos*, Portuguese police received the "inconclusive" results of tests



Before being taken into PJ for questioning on September 6th 2007, Kate McCann says farewell to her husband Gerry. (Photo: The Portugal News)

conducted by the highly-esteemed Forensic Science Service (FSS) in Birmingham on two separate samples of DNA, extracts from the case files into Madeleine McCann's disappearance have revealed.

But on September 7<sup>th</sup>, in handwritten notes by an unidentified officer, it is revealed that Gerry McCann was told his daughter's DNA was discovered in the boot of the rented Renault Scenic and behind a sofa in the family's holiday apartment. The notes said: "Confronted with the fact that Madeleine's DNA was gathered from behind the sofa and from the boot of the vehicle, and analysed by a British laboratory, he said he could not explain why this would be."

The results were handed over to Portuguese detectives by Stuart Prior from the Leicestershire police on September 4<sup>th</sup>, the day after he was notified by the FSS of the inconclusive nature of the tests.

The samples were taken from the trunk of the car hired by the McCanns and from the floor behind the sofa located inside their holiday apartment.

In the first case, the FSS explains in an e-mail that "there is no evidence to support the view that Madeleine McCann contributed DNA" to the swab it tested, while on the second, it says "an incomplete DNA result was obtained" though the "swab contained very little information" and "showed low level indications of DNA from more than one person".

In the FSS report, compiled by John Lowe, the view is taken that it is impossible to prove that the DNA swabs match Madeleine's profile.

The FSS also says it cannot answer the question: "Is the match genuine or is it a chance match".

A letter by Kate McCann, sent to leading investigator last December, which remains unanswered also reveals further a insight into the relationship between the couple and police.

After introducing herself as Madeleine McCann's mother, Kate writes that "the last seven months has been the most difficult, sad and unbearable time that any parent could possibly imagine. Madeleine is the most pre-

cious thing in our life.

"As her mother, the pain and anxiety I feel for her is indescribable and the feeling of helplessness—overwhelming. The 'accusations' and media smearing, although upsetting, are very much secondary.

"I am appealing to you as a fellow human being to work with us (if possible, include us) and to remember that we are Madeleine's parents and that we have needs", she wrote.

Kate McCann adds further that "Lack of communication and a void of information, particularly as the parent of a missing child, is torture.

"This shouldn't be about the 'finger-pointing-blame' nor should it be about differences in culture. It should be about a beautiful little girl who is still missing. She is the victim of all this. It would be good for Madeleine if we could all work together to help find her and the person(s) who took her.

I would be very grateful if you could give some thought and consideration to my letter and look forward to your reply. I can only ask."

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# Two elderly victims of violence every week



During the first six months of this year, on average, two elderly people were the victims of violence, most frequently inflicted by a spouse though regularly by their own children, according to a report by Portuguese newspaper *Diário de Notícias*.



Elderly Maria de Lurdes examines a Tele-assistance security device offered by the Albufeira City Hall in April this year. (Photo: Lusa / Luis Forra)

## Father abandons sons on roadside 300 kilometres away from home

A father booted his two 11-year-old twin sons out of the car in which they were travelling in the very early hours of the morning and left them on the roadside, in the Algarve, nearly 300 kilometres away from their home in Cova da Piedade, near Almada, South Lisbon.

The incident took place earlier this week after the father had been out drinking in Albufeira.

According to the boys' mother, the man, in his forties, separated from their mother ten years ago after they lived together for little over a year.

The two boys were left by themselves at the Fontes da Matosa roundabout in the district of Silves at 03h00.

Reportedly, they had irritated their father and he subsequently

pulled over, took them out of the car and drove off.

They were found three hours later by GNR officers near the Porches vehicle MOT centre, having walked many kilometres. One of the boy's had phoned their grandfather in Cova da Piedade, who in turn called 112 and alerted the boys' other family members who live in Alcantarilha (Algarve).

The paternal grandparent then drove down to the Algarve to collect the boys. They have been staying with them since but are

expected to be returned to their mother this week.

He told a Portuguese newspaper that, despite the mother having been awarded legal custody, "life was not ideal with the mother or with the father". He also said that he had instigated legal action against the mother as she had "tried to cut off my access to the kids".

"It took a tragedy like this for them to say 'We want our granddad'".

The mother said, "This has been a great shock, especially for the boys."

Quoting official figures from the Public Prosecutor, *Diário de Notícias* (DN) revealed that in 2008, during the first trimester, 51 criminal lawsuits were instigated relating to violence against the elderly.

Almada is the region where the highest number of complaints

were placed (11), followed by Torres Vedras (nine), and Lisbon (seven).

Cascais, Angra do Heroísmo and Oeiras had no reported cases of aggression against the aged.

Also quoting data from the Aged Citizens' Helpline, DN reported that in most cases it is a

family member who reports the incidents. Though in cases of negligence it is more often a neighbour.

In 2007 this helpline received 3,202 calls, 171 relating to abuse, and 111 tell of negligence.

Victims are generally between 71 and 90 years of age.

## Combined police-sweep results in detention of 27 foreigners

Twenty seven individuals, all of foreign nationality, were arrested following a combined operation between the GNR, health and safety officials ASAE, and Immigration control authority SEF, which was carried out on the Rocha Baixinha and Galé beaches, Albufeira.

A variety of illegal material was also seized in the crack down.

According to a press release issued by the Maritime Authority, the operation was aimed at "the selling of illegal or counterfeit items, or without license, as

well as the detection of foreigners that are in Portugal illegally."

As a result, 17 Brazilians, six Moroccans, three Chinese and a Bulgarian were arrested after being "caught committing offences such as selling prohibited items, selling with-

out a license, and selling counterfeit products."

The operation comprised 52 officials and 16 vehicles belonging to all four police forces.

More than €4,450 in cash and a large range of counterfeit and illegal items were seized.

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# Flaming good forest fire figures



A fireman fights a forest fire which blazed in the Sintra area on 6 July this year. (Photo: Lusa / Manuel de Almeida)

Fires destroyed 5,000 hectares of forests in Portugal from January to July, state secretary of Fishing and Rural Development Ascenso Simões said this week.

However, Simões said though the situation is positive compared with previous years, "but there is still a lot to do."

A Forest Regional Office is

about to be set up in southern Portugal, one of the areas most affected by the fires, Simões said, adding that five such offices will be set up nationwide to more effectively fight fires.

On Monday, some 60 firefighters with 17 vehicles and three helicopters fought a fire that broke out in an area of vegetation in Chaves, in the north of the country.

## Not so hot July

Precipitation and temperatures registered in July this year have shown a slight decrease compared to the average figures for the reference period (1971-2000). The country has now entered 'mild drought' situation.

The month of July was classified by the Met Office as 'dry' to 'very dry' due to low precipitation in all regions apart from Coastal Douro, Miranda do Douro and the Western Algarve. Around half of Portugal entered into the 'mild drought' category in July, extending throughout the whole South Region and part of central Portugal. The Met Office's 'Drought Scale' has nine different lev-

els, ranging from 'extreme rain' to 'extreme drought'.

Speaking of temperatures, the average figures for maximum temperatures were one degree Celsius under the average whilst the average minimum temperatures were 0.9 °C under as well. Despite the averages being lower, temperatures over 40 °C were registered in five separate weather stations of the Met Office in July.

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## Monchique water exported as luxury in the Orient



Renowned for its salt and mineral properties, Monchique's spring water is now being exported to the Far East where it is retailed as a gourmet product that is beneficial to health and boosts the body's natural defenses.

At present the Republic of China, Macau, Singapore and Hong Kong are absorbing 30 per cent of the Algarvean-produced water sales.

It appears to be the Far Eastern culture of "healthy body, healthy mind" that makes

Monchique's water so appealing, where it is savoured as a 'gourmet' beverage.

A 90-year concession has been made between the Eastern Foundation and the Portuguese State.

"The Far Eastern citizen is

more enlightened than a Portuguese consumer when it comes to the benefits of water to one's health", said António Pinheiro, General Manager of the Agua de Monchique Society, "they value the difference between mineral water, spring water and distilled water."

Reportedly, in China, 90 per cent of the water available on the market is distilled, but the population prefers mineral waters, like Asian market leader French water 'Evian'.

Despite only being available on the Oriental market for two years, it is now importing 30 per cent of the Algarve's production.

From the factory in Monchique it is transported by lorry to Lisbon's port, where it is shipped to its Asian destinations.

Loose calculations predict that over the past few months that market has consumed around "four million litres of Monchique water."

## EU to connect with UN carbon credit registry

The European Commission, EU Member States and the United Nations Framework Convention on Climate Change (UNFCCC) Secretariat have successfully completed all the testing required for connecting to the UN's international carbon credit registry, it emerged this week.

The EU's Community Independent Transaction Log (CITL) and Member State registries will be connected to the UN's International Transaction Log (ITL) before December 2008 at the latest.

The link will mean carbon credits issued under the Clean Development Mechanism can be transferred to the registries of EU Member States.

Environment Commissioner Stavros Dimas said: "I welcome the successful outcome of the testing phase. This now paves the way for the transfer of credits from the Clean Development Mechanism into the EU registry system. Linking up with the UN's carbon credit registry will further strengthen Europe's leading role in the global carbon market."

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# Main courts to have 24-hour vigilance



The Ministry for Justice has announced the necessary procedures to be instigated so that Portugal's main courts can benefit from around the clock security.

The move was announced after another robbery took place this week at a courthouse, this time in Almada in the early hours of Wednesday morning.

Private twenty-four hour surveillance of national courts was discontinued on January 1<sup>st</sup>, 2003, by the then Minister of Justice Celeste Cardona.

During the attack on the Almada courthouse assailants smashed the main glass doors and took an ATM machine from inside.

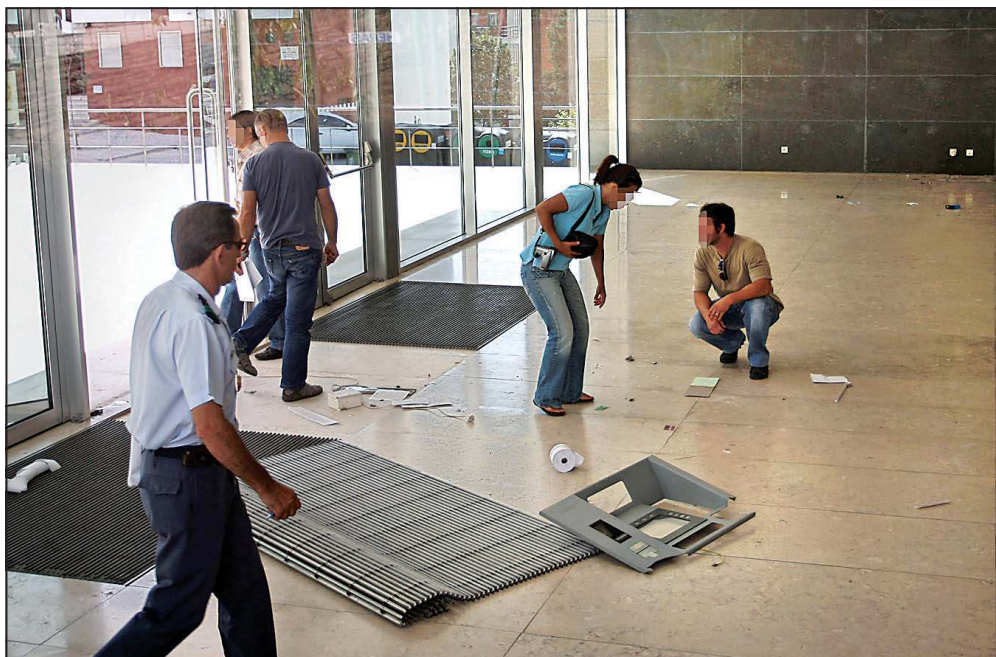
A local police source said the

incident occurred after 03h00, when the court did not have a security watch patrolling the premises.

Almada's court does not have exterior or interior video surveillance either.

Despite the attack, the courts were open and fully functional as usual, though entry was being made through the garage.

It is the second time in less than a month that the building has been broken into and its ATM machine removed.



Police investigate the interior of the Almada court house which was broken into on Tuesday night. The robbers broke the main glass door and raided the ATM machine. (Photo: Lusa / Miguel A. Lopes)

## Police arrest armed robber and his victim

This week Lisbon PJ police officers arrested both an assailant and the victim of an armed robbery carried out in January in the Cruz Vermelha neighbourhood.

According to the PJ police, the crime occurred when two men of foreign nationality held the 24-

year-old victim, of Portuguese nationality, at gunpoint and mugged him, using a 6.35 calibre

gun, taking €200 in cash and a mobile phone.

In an attempt to get revenge, the victim went home to get an identical weapon and opened fire on his assailants, but without causing injury to anyone.

Following the detentions,

which took place at the end of July, the police seized both weapons plus a modified shot gun which was proved to have been used in the incident and was stolen from a private residence in the region of Loures a few months before.

For the 19-year-old assailant who was arrested in connection with the incident, weekly check-ins at a local police station were issued. The victim was subjected to a brief hearing, the outcome of which is not known.

"In these cases a sentence of a

few days in prison is normally issued, with the option of paying a fine, or, more rarely, of a suspended sentence", said a PJ source. The same source added that the investigation is ongoing, to try and identify the second assailant.

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# SATA employees promise more strikes



The President of SATA, António Cansado, during an interview on the Island of São Miguel in the Azores. (Photo: Lusa / Eduardo Costa)



Azorean airline SATA employees are planning more strike action for the end of this month or the beginning of September in an attempt to protest against the group's segmentation.

The union justified its stance by blaming the Azorean government's attitude in refusing dialogue with the workers.

Further action follows a previous strike held by SATA ground staff on July 30<sup>th</sup>, during

which the workers refused to carry out the first two hours of every shift and carried on until August 5<sup>th</sup>. Filipe Rocha, a union member, said that the workers' support of the strike surpassed all expectations.

## Cannabis use levelling off after sharp rise in 90s



The trend is discussed in an EU cannabis report that aims to serve as an authoritative reference for what continues to be a controversial drug.

At over 700 pages, the report by Europe's drugs watchdog, EMCDDA, is one of the most comprehensive surveys on the subject to date.

From the plant's use as a medicine in the 19th century, the two-

volume opus traces the history of cannabis in Europe, including the Dutch 'coffee shop' phenomenon and the drug's UK decriminalisation in the 1960s.

The report explores patterns of use, health effects, treatment, supply, legislation – even street prices and potency.

Cannabis has long been the drug of choice in Europe, with nearly a quarter of all adults trying it at some time in their lives. But it has also been a major source of division and debate among policymakers, scientists, law enforcers and activists.

"As a result, the public is faced with a daily flood of information on cannabis, some of it well-founded, yet some campaigning in nature and at times misleading," said Wolfgang Goetz, the agency's director.

EU countries differ in how they deal with cannabis use with a wide variety of laws and procedures addressing cannabis with varying degrees of severity. The report comes amid growing concern that a 'soft line' on cannabis could undermine international crime-fighting.

Cannabis use escalated in Europe during the 1990s, but now appears to be peaking. In some countries, use is levelling off or has even decreased. In others the increase is less marked.

The report calls for closer monitoring, noting that regular use is also becoming more common. Some 3 million Europeans use cannabis almost daily – about 1% of adults.

The agency gathers and publishes information on drugs from 30 national centres, to provide an overview of European drug problems. Founded in 1993, it is based in Lisbon, Portugal.

## New vehicle registry webpage

The Ministry of Justice has estimated that a new webpage dedicated to vehicle-related bureaucracy will allow up to

90 per cent of all registry transactions to be done online.

Registering a vehicle after its purchase, even if leased or on

reserved propriety, or changing the name and/or address of a company with its own parking facilities, amongst other

official bureaucratic requisites, can now be done online, through [www.automovelonline.mj.pt](http://www.automovelonline.mj.pt).

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## Revision of rules on ozone-depleting substances



The European Commission has this week presented a proposal to revise the current legislation on the protection of the ozone layer.

The revision is intended to simplify the current legislation and reflect the progress made in phasing out ozone-depleting substances in the European Union, to allow the EU to continue leading the global battle to protect and restore the ozone layer.

Despite the good progress made so far, the Commission stresses that a number of challenges remain – some closely related to climate change – and that these challenges need to be addressed in the EU and globally.

The ozone layer is expected to recover to pre-1980 levels by 2050-2075.

European Environment Commissioner Stavros Dimas said: "Ozone-de-

pleting substances have been almost entirely phased out in the European Union without causing major difficulties for producers and consumers. This proves that sustainable development is achievable and must be pursued further.

"Despite our successes we must remain vigilant as significant quantities of these substances are still present in many products such as refrigerators and insulation material in buildings. We must prevent these substances from being released into the atmosphere. This is all the more important as they are also important contributors to global warming", the Commissioner concluded.



# Mass cork tree felling a “glaring shun” of the law



Environment protection agency Quercus considers the felling of 1,200 cork trees in Vale da Rosa to build a mega-urbanisation a “glaring shun” of the law.

Should it be built, the mega development ‘Nova Setúbal’ will consist of 7,500 apartments creating accommodation for 30,000 people.

During a protest that took place at the site of the future development, two Quercus activists argued the project should have been subject to an Environmental Impact Study, and said, “How is it that in 2001 the Minister for Agriculture Capoulas Santos and the (then) Environmental Minister José Sócrates considered Nova Setúbal’s detailed plan – which was only approved in March 2008 – of ‘indispensable public value’ and then allows the felling of 700 cork trees that are in a legally protected area.”

On June 25<sup>th</sup> this year Quercus instigated legal action through Lisbon’s Administrative and Fiscal courts, to stop the chopping down of the 1,200 trees, and consider the Ministers’ opinion of the project “void”, as no environmental impact studies or alternative locations were looked into.

The association alleges the trees are of a species protected by Portuguese law, and believes that the term “of indispensable public value” should only be applied to nationally relevant projects, like hospitals or schools.

‘Nova Setúbal’ will also comprise the new ‘Vitória de Setúbal’ football stadium, and a shopping mall.



A protest action on Wednesday by Quercus in relation to the felling of 1,200 cork trees in Vale da Rosa, Setúbal to make way for the ‘Nova Setúbal’ urbanisation project. (PHoto: Lusa / Mário Cruz)

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# Portugal ready to keep GNR police forces in Timor



Internal Administration Minister Rui Pereira has reaffirmed Portugal's readiness to continue aiding East Timor with security regardless of whether the United Nations extends its mission to Dili next year.



Members of the GNR during an escort in the Ermera district in February. (Photo: Lusa / Claudio Vaz)

Minister Pereira underlined the Government's openness to continued security aid in a ceremony marking the departure of a 125-member contingent of paramilitary GNR police rotating into East Timor.

"The Prime Minister has shown he is receptive to the continuation [of the GNR], but naturally a more precise evaluation must be made in February 2009 when we see whether the UN will remain and what the situation is in East Timor for a definitive evaluation", he said.

The mandate of the UN mission, of which Portugal's GNR deployment is a part, is set to expire next February.

Timorese President José Ramos Horta met with Prime Minister José Sócrates in Lisbon last Monday, later saying the Portuguese leader had accepted his request to plead Dili's case before the UN and keep the Republican National Guard (GNR) in place unilaterally if needed.

Dili wants the UN to extend the life of UNMIT's aid and peace-keeping mandate. *TPN/Lusa*

## Woman presumed murdered found on Valongo scrubland



Valongo PJ police are investigating the discovery of the body of a woman with a crushed skull and two wounds to her neck and back, thought to have been caused by bullets. She is believed to be around 20 years of age; her identity remains unknown.

According to the GNR, whether the woman was killed where she was found or whether she was taken there after suffering the injuries also remains to be established.

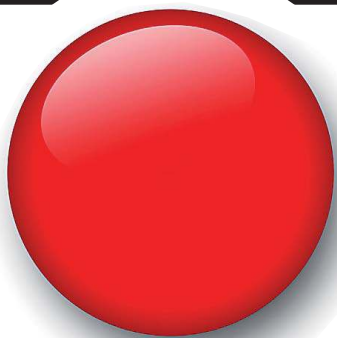
The body was found at around 18h40 on Sunday afternoon, in an area of scrubland near Cinco Caminhos,

Sobrado, off the EM606.

After raising the alarm with the local GNR, PJ police and a number of investigators and forensic experts were called in.

The body was taken to the Institute of Legal Medicine to be autopsied. No suspects have, as yet, been identified.

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## Emigrants shelter to be built in Ourém

Lusoiberia, an association that provides assistance to Portuguese emigrants, is to build the country's first support institution, a four million euro investment that aims to "offer support to emigrants returning to the country, and also to their family members when the emigrants are abroad".

Lusoiberia board director Antonio Pedrosa Leal also confessed it was an "ambitious project", and that an "economical study and project" were underway.

The association is waiting for the local City Hall to concede a "promised" plot of land on which the infrastructure will be built, though the exact location of the future "emigrants shelter" has not been revealed.

Associação Lusoibérica is a non-governmental, non-profitable association whose purpose is to aid emigration.

It aims to promote support and cooperation between all Portuguese who are residents in foreign countries or who are returning to Portugal.

It is hoped that the 'Emigrants' shelter' will encourage social and cultural interaction amongst Portuguese emigrants and other nationalities resident in Portugal.

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ANGELICAN CHURCH



# Price of generic medicines to go down 30 per cent



The price of all generic medicines is to be lowered by 30 per cent as of September, the Ministry for Health announced this week.

According to a source from the Ministry of Health, it believes that "whilst still cheaper than branded medicines, generic versions are still expensive, especially when compared with prices in other European countries."

It was also confirmed that "before the end of the year new lengths will be taken to support generic medicines within the market."

This new measure has already been announced to representatives of the pharmaceutical industry.

Generic sales in 2007 rose by 22.5 per cent, in comparison to the previous year, which according to Infarmed, the National Authority for Medicines, represents approximately 586.7 million euros.

## Drink driving with a big headache



Last week, a British tourist drove around thirty kilometres, drunk and with a concussion, and pulled over on the side of the road near Faro airport to 'rest'.

Police officers came across the tourist, resting in the car with his wife, after he had parked the car and thought he had been a victim of a violent crime when they saw the large amount of blood on his shirt.

The driver, 49 years old, had a concussion and a 1.3 g/L alcohol level after driving 30 kilometres. His wife explained the story to the officers "We were at the bar of an Irish friend. There was an argument and my husband got hit violently on the head ... at Albufeira's Health

Centre they said he had to go to Faro Hospital because he had serious injuries, but he shouted, saying he didn't want to go and we left. Then we decided to pull over here to rest."

The husband pulled the car over when they were on their way back to their home in Tavira.

If he had been caught in the act of drink driving the tourist could have served up to one year in jail, but as he was not driving when the police breathalysed him he will not be criminally charged.



Health Minister Correia de Campos with the Chairman of Infarmed, Vasco de Jesus Maria, during the opening ceremony in January of the New Technologies in Europe conference in Lisbon. (Photo: Lusa / Manuel de Almeida)

## Irish mother fails to appear in court after being caught drunk-driving



An Irish woman who was detained by the Peniche GNR after allegedly being caught drunk-driving with her two children in the car failed to turn up for her court hearing this week.

It is suspected she may have fled the country.

A GNR source confirmed "She was notified to appear in court on Monday, but she didn't".

Neighbours near to the property the family had rented in São Bernardino, near Peniche, also suspect they have left the country.

As the alleged offence was not considered "serious" and because the court was closed, the woman was instructed to go to court 24 hours after her arrest.

Notification has been sent to the woman's presumed home address in Ireland, to give a statement in court.

The 41-year-old woman was detained in the early hours of Sunday morning.

GNR officers believed she had been driving with over 1.2 grammes of alcohol per litre of blood, at the same time transporting her two children, both small children.

According to the GNR source, the woman and her partner had been drinking in a São Bernardino beach bar and when they left, "as they were reversing they ran into another vehicle with their car", and then "when they put their car into first they ran into a wall", causing damage.

The husband, who was also reportedly drunk, remained motionless and did not react. The two minors were eventually collected by another couple.

Upon her arrest the woman was made a formal suspect and faces a prison sentence of up to one year, which could be converted into a 120-day cash fine.

## Brazilians get fast-track visas to Portuguese-speaking nations



Brazilian citizens can now travel to other Lusophone states on short-stay visas, with a less bureaucratic process, under an accord ratified by Brazilian President Luiz Inácio Lula da Silva.

The fast-track visa accord, approved Tuesday by President Lula, was originally signed by leaders of the Community of Portuguese Language Countries (CPLP) in 2002.

The short-stay visas are in-

tended for transit stopovers, tourism and business trips and require proof of return ticket purchase, sufficient cash to support the applicant's visit and relevant vaccination certificates.

TPN/Lusa

## Benefits up by 8.2 per cent



The number of families benefiting from social subsidiaries have gone up by 8.2 per cent in six months.

A Social Security spokesperson justified this rise with the "drying up of various protection mechanisms", like unemployment funds.

Official figures show that in December there were 112,000 families receiving subsidiaries, which increased to 121,000

(roughly 334,865 individuals) by June.

In September government officials have promised to offer explanations regarding the phenomenon.

CDS-PP Member of Parliament Mota Soares admitted, "This is an exponential growth."

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# Multinational fleets deployed in battle to save cod and tuna



European Union countries have this week launched joint sea patrols in the fight against over-fishing of endangered species.



Fishermen's tuna boats block access to the oil tankers in the Fos-Lavera oil hub, in Martigues, France last month. Fishermen were protesting against the early closure of the industrial tuna fishing season in the Mediterranean sea. The European Commission decided to call an early halt to the industrial fishing season. (Photo: EPA/Guillaume Horcajuelo)

In February, five ships backed by surveillance aircraft set sail in the Baltic Sea. They were on a mission to stop the over-fishing of cod, once plentiful in the icy waters, but now fast disappearing.

Over two weeks, inspectors from Denmark, Poland, Lithuania and Sweden made 112 surprise visits – boarding boats at sea and checking them as they came ashore. Ten violations were detected, mainly for under-reporting of catch.

The operation was organised by the EU Fisheries Control Agency, which enlists EU countries in joint efforts to stop illegal fishing. The agency was set up in 2005 out of concern that quotas on catches and other rules were not uniformly enforced. It has an annual budget of €5m and about 50 staff.

So far the agency has coordinated around 20 such missions, mainly in the Baltic and North

seas. But those aren't the only waters where it has been busy. While inspectors scoured the Baltic in February, the 'Jean Charcot', a French patrol vessel chartered by the agency, battled back-to-back storms to monitor boats in the Northwest Atlantic.

Now the agency is turning to calmer seas.

In its biggest over-fishing campaign yet, it is coordinating the deployment of some 50 patrol boats, 16 aircraft and 30 inspectors to the Mediterranean and Eastern Atlantic, to ease the pressure on the endangered bluefin tuna. Seven countries are participating: Cyprus, France, Greece, Italy, Malta, Portugal and Spain.

The EU is the world's third largest producer in the fishing and aquaculture sector and a major exporter of high-value fish products. Most EU catches are made in the East Atlantic and Mediterranean.

## Cars that talk



As part of its overall fight against road accidents and traffic jams, the European Commission has decided to reserve, across Europe, part of the radio spectrum for smart vehicle communications systems (so called co-operative systems).

These systems are based on wireless communication technology and allow cars to 'talk' to other cars and to the road infrastructure providers.

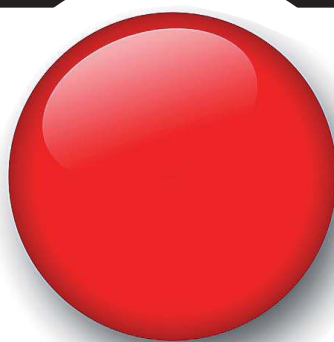
They can, for example, warn other drivers of slippery roads or of a crash which just happened.

Smart vehicle communication systems have the potential to make safer and ease the lives of Europe's drivers: in 2006, more than

42,000 people died in road accidents in the European Union and more than 1.6 million were injured while every day there are some 7,500 km of traffic jams on the EU's roads.

This latest Commission Decision also intends to foster investment in smart vehicle communication systems by the automotive industry, at the same time spurring public funding in essential roadside infrastructure.

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## EU economic sentiment declines significantly

In July, the Economic Sentiment Indicator (ESI) declined sharply in both the EU and the euro area, statistics released this week have indicated.

The ESI fell by 5.8 points in the EU and by 5.3 points in the euro area, to 88.7 and 89.5 respectively.

In both regions, the ESI recorded its largest month-on-month decline since October 2001 to reach its lowest level since March 2003.

The confidence indicators fell in all sectors, although the decline was particularly pronounced in services. Confidence also worsened further among consumers.



## EU pledges €51m in aid to Cape Verde



The European Union will give Cape Verde 51 million euros to help finance various government programmes throughout 2013.

The cooperation package, signed last Monday in Cidade da Praia, channels 30 million euros to economic growth, poverty reduction and good governance programmes, and 10 million euros to programmes implementing the archipelago's new "special partnership" with the EU, Finance Minister Cristina Duarte said. Other projects would also benefit from the European Development Fund allocation, Duarte added.

The EU ambassador to the islands, Josep Coll, said Brussels would pay special attention to helping "consolidate" Cape Verde's newly gained promotion to the status of a "medium income" country.

"This is a particularly important, but fragile, moment" for the archipelago, Coll said, pledging to work with the Government "to ensure the irreversibility of the process" of economic and social advancement.  
TPN/Lusa



# Portuguese buy nearly a quarter million laptops in three months

Between April and June this year, the Portuguese bought 228,300 laptops. Despite this figure representing around 2.3 percent of the population, it remains around 50,000 fewer than the same period last year.

Hewlett-Packard (HP) was the most sold brand of laptop, with around 70,000 models being purchased, a market share of 29.3 per cent.

Toshiba took second place, having sold 57,800 thousand laptops, representing 18.5 per cent of the market.

Dell saw the biggest growth in sales in comparison to the same

period last year, followed by Toshiba and HP respectively.

J.P. Sá Couto also increased its sales significantly, attaining a growth of 197.5 per cent.

In general, most manufacturers, both national and international, saw growths in their sales with the exception of Sony, which experienced a 4.3 per cent drop.



Owners of the company JP Sá Couto, João Paulo Sá Couto (L) and Jorge Sá Couto (R), with the Chairman of Prológica, Luis Cabrita (C), during the presentation ceremony of a new laptop called 'Magalhães' in Lisbon on 30th July. The laptop with Intel technology is totally made in Portugal and is destined for children between the ages of 6 and 10 in the National Education System and will cost approximately 50 euros per unit. (Photo: Lusa / Tiago Petinga)

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## EU business climate declines further

The Business Climate Indicator (BCI) for the euro area continued to decline and now stands below its long-term average. The low level of the indicator suggests

that economic activity in industry, which saw a fall in production in May, remains subdued.

All the five underlying components of the BCI registered

a decrease.

Industrial managers' production expectations and their appraisal of total order books deteriorated most, but their assessment of production trends ob-

served in recent months and export order books also declined significantly.

Their assessment of stocks of finished products worsened only slightly.

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# No bridge tolls till end of month



Traffic on the 25 de Abril bridge at the toll booths in Almada. (Photo: João Relvas / Lusa)

From this week until the end of August the 25 de Abril bridge is to be exempt from tolls to alleviate traffic during the chaotic summer months.

Lisbon's 'other' bridge, the Vasco da Gama, will not be free of tolls.

Relieving the 25 de Abril bridge users from paying tolls is a long-standing agreement that was signed between its concessionaires, Lusoponte, and the Portuguese state.

It has been in force since 1996 with the Portuguese government compensating Lusoponte's losses for the month of August.



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	1	6	7					
				8	4	5	3	
	8				3			
	9	5				2		
1			5		8			4
		7				9	5	
			1				6	
	5	1	4	2				
					5	1	4	

Last weeks solution:

8	9	7	3	6	1	4	5	2
2	5	3	9	7	4	8	6	1
1	6	4	2	5	8	3	9	7
9	8	6	4	1	2	7	3	5
3	1	2	5	8	7	6	4	9
7	4	5	6	3	9	1	2	8
4	7	9	8	2	3	5	1	6
5	2	1	7	4	6	9	8	3
6	3	8	1	9	5	2	7	4

For tips on how to solve Sudoku puzzles, browse the forums, go to [www.sudoku.com](http://www.sudoku.com)

## New plans for Lisbon Airport



Terminal two at Portela Airport is going to be upgraded with two new aircraft areas by the end of September, at an estimated cost of €14 million. This upgrade seeks to enable Terminal 2 to receive arrivals as well as departures.

Having just celebrated one year in operation, Terminal 2 at Lisbon Airport has had over one million passengers pass through it, with Funchal airport being the most used one (388,038 passengers), Porto second (232,664) and Ponta Delgada third (167,462).

At the moment Terminal 2 only caters for departures of domestic flights, but, with the new parking areas being built, it is hoped it will soon receive arrivals of domestic flights.

The investment, according to an ANA spokesman, is "around €13.9 million" for

the terminal which flies passengers to Faro, Porto, Bragança, Vila Real, Madeira and Azores and, hopefully, in the "near future", it will be receiving the return flights.

From October onwards, besides having TAP, SATA and Aerocondor, Terminal 2 will

also include the low cost airline easyjet for flights to Funchal.

Terminal 2 cost €20 million to build and is part of Lisbon's Airport expansion plan, budgeted at €380 million, to increase air traffic from 36 to 40 movements per hour by 2010.

## Police crack down on problematic youths

Lisbon PJ police have arrested five youths, aged between 17 and 20, on suspicion of armed robbery and assaults carried out around the capital.

With their arrests police were able to dismantle three groups thought to be responsible for crimes in the Greater Lisbon and Ericeira regions.

'Operation Holiday I' resulted in the arrest of three for-

eigners and two Portuguese individuals.

Amongst the various armed attacks is one that was carried out on a young couple, in the Amadora region, in the middle of the countryside at night. The assailants used force and violence to 'carjack' the unsuspecting couple, leaving them injured and stranded.

Those detained were identified

and will be heard in court in the near future. Two of the suspects

are subject to regular check-ins at their local police station.

### Tax, from p.1

Taxpayers who have not been visited by a team of inspectors by September 2<sup>nd</sup> will be able to breathe a sigh of relief. According to an internal order issued last Friday by the Director General of Taxes, Azevedo Pereira, this "first ever retrieval of information on a national level" will be concluded, by the latest on the second day of next month.

But doubts have been expressed this week that this deadline will be kept, with observers arguing that not only is August the month when most inspectors are on leave, but similarly many companies with outstanding debts are closed until well into September.

Nonetheless, on Monday, the first of 53,000 taxpayers and companies with outstanding tax debts were forced to open their doors to unwelcome visitors, as inspectors started scrutinising their belongings and their respective values.

Taxpayers with extensive debts, but who are employees, will be exempt from this initial crackdown.

Current legislation only allows inspectors to visit the homes of citizens armed with a warrant issued by the local tax office and accompanied by a law enforcement authority. A private individual may however refuse entry should the warrant refer to an inspection alone.

But when companies are visited, these reservations no longer exist, and inspectors are allowed free access to their premises.

In the meantime, and while the Ministry of Finance has failed to disclose the exact nature of this unprecedented operation, which comes as annual tax reimbursements are being paid out, sources have guaranteed that once property has been identified, their seizure and subsequent auction or sale will be swift.

## Portugal's first solar-powered building

After receiving its official certificate for being the country's first fully solar-powered municipal building, the Ponta do Sal Centre for Environmental Interpretation (in Estoril) is now preparing to be equipped, this autumn, with an alternative energy-powered desalination centre, a telescope and photovoltaic 'garden'.

With an investment of over €160,000, the project, which aims to add value to Ponta do Sal's energy network, reinforce its scientific

nature, and compensate energy consumption through micro-production of renewable sources.

The certificate, which was handed over in June by the National Agency for Energy – ADENE – was the first step towards Cascais' municipal energy agency removing the district from the "bad consumers" list; the ones who are not prepared to conserve energy.

A further 23 buildings are being studied to be equipped with the technologically advanced systems.



# Jesus Christ Superstar debuts in Portimão

Filipe La Féria's interpretation of the rock opera Jesus Christ Superstar debuted on 1<sup>st</sup> August in Portimão Arena and will have daily shows, at 22h00, until the end of the month.

For the performance to take place, Portimão Arena has been completely transformed into a theatre with capacity for 1,500 spectators.

The rock opera, portraying Jesus Christ's life through Judas' eyes, has a cast of 58 actors, singers, dancers and musicians.

La Féria says he has set himself a new challenge with a one month run of the play at Portimão Arena, with daily performances, and hopes Portimão Arena will be too small

for the number of people wanting to watch it.

So far, the Portuguese public have been reacting wonderfully to the musical and over 2 million people have seen the play in Portugal.

It is relevant to all age groups as it deals with problems we are currently living with, combining contemporary issues with the story of Jesus Christ.

Tickets cost between 15 and €30, depending on the seating area, and they can be reserved by phone, between 10h00 and 22h00, by calling: 282 414 333, 282 414 482 or 282 432 417; by fax: 282 411 320; or by email: jcs.portimao@gmail.

Tickets can also be purchased at Portimão Arena ticket office.

## Food bank collects 38 tonnes of food

Despite the current economic crisis we are living in, the Portuguese still support good causes. The Food Bank Against Hunger had a campaign on August 2<sup>nd</sup> in the Algarve and was able to gather 38 tonnes of food.

The one day campaign had very good results with a 60% growth compared to the last one in May.

The campaign was carried out to help the 70 social support institutions that depend on the gifts given to the Food Bank to feed many Algarvean families in need.

Of the 38 tonnes of food, 15 were milk, one of the essentials the Food Bank requested. One anonymous contributor gave €1,000 worth of milk, about a tonne and a half.



Portimão Arena has been completely transformed into a theatre with a capacity for 1,500 spectators.

## Sheraton Pine Cliffs owner passes away in the Algarve

Jassim Al-Bahar, owner of the luxurious Sheraton Pine Cliffs Resort, died in his Algarvean home on 30<sup>th</sup> July, victim of a heart attack. The concert of South American musician José Feliciano, programmed for 2<sup>nd</sup> August at the Sheraton, was cancelled due to his death.

Al-Bahar, married and with four children, died at the age of 66, days after arriving in Portugal for his yearly holiday. Born and bred in Kuwait, Jassim Mohammed Al-Bahar was the owner of International Financial Advisors. The holding company was the main investor for the 'Palm Islands'

project in Dubai, where artificial islands form the shape of a palm tree. For his investments in Portugal, Al-Bahar had United Investment Portugal, the company that owns the five star hotel.

The Sheraton was Al-Bahar's first investment in tourism and he pursued his project whole-

heartedly, investing over €75 million in the Pine Cliffs Resort. He was part of administration in the Portuguese Commercial Bank and also invested in the Saviotti group and Dom Pedro Hotels.

His funeral will be held in Kuwait, his homeland.

## Parkalgar Racing Team driver dies

Craig Jones, the driver pilot representing the Algarve's new Supersport bike team, Parkalgar Racing Team, died after a terrible accident during a race at Brands Hatch Circuit, in England. To pay tribute to his life, the Algarve International Circuit (AIA) will have a corner named after him and a monument will be built in honour of the driver.

The English rider of the Parkalgar Racing Team did not survive the injuries sustained af-

ter a horrific crash, just before the long straight, as he was fighting for first place. The race was immediately stopped, the paramedics attended him on the track and he was taken to the nearest hospital. He was deliberately induced into a coma but the doctors' attempts were in vain as he died on Monday morning.

Paulo Pinheiro, administrator of the Algarve International Circuit, in homage to Craig Jones, said "A tribute to his

magnificent capabilities as a driver, to his courage, determination and especially his qualities as a human being. His memory will be with us and the Algarve International Circuit forever."

Due to the Mr Jones death, the Algarve International Circuit and Portimão Council have cancelled the AIA Racing Show that was scheduled for this weekend in Portimão.

Now, the AIA has announced it will keep his name alive by naming a corner of the new Algarve track, to be inaugurated on 1<sup>st</sup> and 2<sup>nd</sup> November, after him.

Parkalgar Racing Team is unsure of their future this season.

## Tourism's marketing aid

Algarve's Regional Tourism Board has invested around €400,000 in promoting around 20 summer events across the whole region from June to September. Fairs, festivals, exhibitions and sport meetings are the most publicised events.

The money invested is part of a new strategy to make regional entertainment better acknowledged, by supporting the organisers in publicity, not in funding.

The advertising campaign, being carried out till September, is done by regional and national newspapers, magazines, e-mailing, radio, Internet sites, plane banners, cinemas, buses, taxis and cash points.

President of the Board of Re-

gional Tourism said "This was the way found for the Algarve Tourism to help organizations publicise what they do in the entertainment area. Instead of money, we create an advertising plan, using several means, which is destined exclusively to advertise events to tourists."

Several events have already been helped by this initiative, such as Castro Marim's Medieval Days, Tree Parade (Faro), Shrimp Festival (Olhão), Silves' Medieval Fair, Summer in Tavira, Sagres' Wonders, the Hunting, Fishing and Rural World Fair of the Algarve, the Sailing Round the Algarve and the Algarve Challenge Cup, and the Al'buhera Festival, among many others.

## Horse patrols stamp out criminals

Faro's GNR announced the arrest of two individuals suspected of drug trafficking in Loulé. They had 267 doses of heroin and 16 of cocaine in their possession.

The two Portuguese men, 35 and 40 years old, were arrested by officers carrying out duties on horse patrol in Vale de Judeu. The same patrol arrested another man, 55 years old, with 35 doses of heroin.



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# GNR catches two suspected drug dealers



The A22 motorway. (Photo: Luís Forra / Lusa)



Two men, aged 24 and 40, suspected of drug dealing, were pulled over on the A22 motorway last week by GNR officers who, whilst searching the car, found over fifty individual doses of heroin and cocaine.

The two men had in their possession 24 doses of cocaine, 20 of hashish and 13 of rebolau (mixture of heroin and hashish) when they were pulled over mid-afternoon on

Tuesday.

They were heard at Vila Real de Santo António Courts on Thursday and were released, having to present themselves to the authorities periodically.

## Marine mishaps

At around 19h00 on Monday 'Kieroa', a sailboat, got stuck in Alvor's Estuary while it was being towed. The crew had to wait for the tide to rise to free it from the sandbank.

Coincidentally, another ship, 'Farniente', got stuck in an oyster farm in Sagres, but was able to free itself and 'Fino 3', a sailboat, had an engine failure near Cape St Vincent but was towed to safety.

## Illegal beach massages reported for lack of license



Beach massages have been licensed at Alvor beach and Terra Estreita beach, in Albufeira, but there are still several beaches practising massages with no licenses. Three masseuses have already been reported.

In the past two weeks three Asian citizens have been reported in Albufeira beaches for not having beach massage licenses. A source at the Maritime Police said "There has been some concern regarding the quantity of people, including illegal immigrants, who walk the beach selling massage services without a proper license, mostly in the Western Algarve."

It is the Maritime Police's re-

sponsibility to fine these unlicensed activities on the beach. Captain of the South Maritime Area, Reis Ágoas, said it is not illegal to practise massages but there have been several limitations imposed in the past weeks. He also added that paying customers must take more care to see which products are used in the massages and to check if the masseuses are licensed.

## Fire causes explosion, seriously injures one

A fire that ravaged through a workshop in Albufeira culminated in an explosion that seriously injured a 25-year-old man.

The incident took place at Sítio dos Brejos, Albufeira, at around 10h40.

According to INEM sources, the man suffered third degree burns on 30 per cent of his body.

The source also said that initially only the fire brigade had been alerted as there were no injuries.

However, an INEM medical emergency unit was immediately summoned after the explosion, and rushed the man to Faro hospital.

Also at the scene were three fire-brigades, comprising 24 men and eight vehicles.

## Appeal for schoolchildren in need

One essential item for every child is a backpack to carry around all their books both to and from school and from class to class.

Would you be willing to add a backpack to your trolley to enable a child in care to start the term with a smile?

Last year they were available from Continente from 5 Euros upwards. Please choose large enough for A4 sized books. They should be in the shops from 21<sup>st</sup> August.

For more information about this appeal please contact David or Celia Mossman on 282 332 665 or email [dacemoss@sapo.pt](mailto:dacemoss@sapo.pt)

Please deliver backpacks to Castelo de Sonhos in Silves or the Hotel Garbe in Armação de Pêra between 21<sup>st</sup> August and 5<sup>th</sup> September, 2008.

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## BMI Airbus makes emergency landing at Faro airport

An Airbus A321 carrying 197 passengers from the East Midlands to Tenerife was forced to make an emergency landing at Faro airport this weekend when a light indicating possible engine problems was detected in the cockpit.

No injuries to passengers or crew were sustained and the landing was made in normal conditions, dispensing the need for emergency response plans.

The aircraft, belonging to British airline BMI, landed at Faro airport at around 11h00 on Saturday morning and spent the rest of the day on the tarmac as engineers tried to fix the problem.

Passengers were given the option of spending the day at a nearby hotel until the situation was resolved.

Initially the same aircraft was expected to carry on with its journey that afternoon, with a new flight time of 17h30 being announced. However, the company chose to fly out a replacement aircraft instead, belonging to sister company BMI Baby.

It was past 23h00 that night when the passengers finally continued their journey.

Despite being a precautionary measure, Rui Oliveira, spokesperson for ANA – Aeroportos de Portugal – said “It is a situation that, while it can not be considered normal, happens with some regularity. When something happens that is not normal it is preferable that the crew ask to land at the nearest airport”.

A UK BMI spokesperson said “a light was detected in the cockpit that could indicate a problem with one of the engines. It wasn't anything serious but it was decided to land at the nearest airport to see what was happening”.

BMI is one of several airlines under the Star Alliance umbrella, along with Portugal's TAP, China, Egyptair,

Lufthansa, Spanair, Swiss and United Airlines, amongst others.

Meanwhile it has been announced that Faro airport is to be given a financial boost of 25 million euros to expand its infrastructures and reinforce security.

The largest part of the investment, 18.5 million euros, is to be put towards expanding and improving operational infrastructures, to reinforce its capacity and security.

One specific area to be targeted is runway 10's electronic landing equipment, which is designed to aid aircraft to land in conditions of poor visibility and which is already functional on the airport's other runway, runway 28.

Widening aircraft parking areas, constructing two ‘fast-exit’ lanes from the runways, new taxiways and a runway ‘feeding’ centre are other projects covered by the investment.

Faro Airport Director Correia Mendes said these projects would “augment the number of aircraft parking spaces and improve safety”.

A ANA - Aeroportos de Portugal – is also to invest 2.5 million euros in new installations for handling company Portway, €1.7 million for new central heating equipment, one million euros for a new building on the airport's roof-terrace, €789,000 for a new warehouse, and €400,000 on a drainage system.

A further one million euros are to be put towards compensating the negative environmental impacts on the surrounding Ria Formosa caused by work taking place on runway 28.

## Simply Red, “simply brilliant”



Last Friday night one of the 80's most symbolic bands, Simply Red (who will ever forget Mick Hucknall's dreadlocks), took to the stage set up on the Herdade dos Salgados Resort, Albufeira, for a one-night-only spectacular show, part of the Allgarve summer event's line-up, that was described by many as “simply brilliant”.



Simply the best, lead singer Mick Hucknall. (Photo: Paul Buick)

It was an exclusive event in Portugal that cost €30 per ticket, including access to the After Party at Santa Eulália's chic Le Club night spot.

Thousands flocked to the Herdade dos Salgados Resort, where Mick and his band (Ian Kirkham on keyboard and saxophone, Kenji Suzuki on guitar, Dave Clayton on keyboard, Pete Lewinson on drums, Steve Lewinson on base guitar, Chris De Margary playing flute and

saxophone, John Johnson on trombone and percussion, Kevin Robinson playing trumpet and flute, and Sarah Brown and Dee Johnson as backing singers) played some of Simply Red's biggest hits.

Included were songs like ‘Holding Back the Years’, ‘Stars’, ‘If You Don't Know Me By Now’, and ‘Something Got Me Started’, which did in fact get everyone ‘started’ as not even half way through the concert al-

most the entire mass was up and dancing.

It was a memorable evening which, even minus the dreadlocks, will be remembered by Simple Red fans as one of the highlights of 2008.

## Child falls from balcony, third case in Algarve this year

A four-year-old British girl who fell from the first floor balcony of a tourist resort in Lagos last week is still under observation in Portimão's Barlavento Hospital, where sources describe her condition as “stable” and “controlled”, though without a foreseeable date for discharge.

It is the third case of its kind to take place in the Algarve this year, and the sixth registered case in the country.

The girl was on holiday with her family when she fell from the balcony, said to be of around three metres in height.

Of the six cases that have happened this year only one 18-month-old boy, who fell from a balcony in Armação de Pêra, remains in hospital.

In 2007 there were 13 cases of children falling from balconies, some of which resulted in their deaths.



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Come into Lagos on the EN125 (from Portimão) past MacDonalds, take second exit off the Boat roundabout. We are on the right opposite the Tourist Office.



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### Please note

SIR, We refer to your article in The Portugal News on 2nd August 2008, headed: 'Madeleine's disappearance starts taking its toll on Praia da Luz'. An article appeared in *Diário de Notícias* on 29/07/2008 which contained false statements and we have written to them insisting they retract these statements after taking legal advice.

We would like to draw your attention to the following false statements in your article:

The Ocean Club has not laid off at least six long term employees. In fact there has been one resignation of a long term employee and two resignations of short term employees, which out of a workforce of over a hundred people is not unusual.

Mark Warner has not stopped sending tourists to the resort. In fact their bookings are steadily increasing in numbers and the resort was 84% occupied on the date of publication of the report.

Mark Warner has not severed all ties with The Ocean Club by the end of the year. In fact they have re-contracted for 2009 and have requested some extra beds.

Mark Warner has invested heavily into The Ocean Club and is fully committed to expanding the business and to maintaining a long term investment in the resort. They are increasing their own operations in the resort which is continuing to do business with other tour operators and agencies from all over the world.

We would appreciate it if you would correct the above false statements in your next

publication.

ROBIN CROSLAND, The Ocean Club, Praia da Luz

### Ref. Children dying in pools

SIR, In relation to the article of 02/08 in your edition No. 970, and also in the Euro Weekly newspaper I read that: "the boy was pulled unconscious by his father from a water tank in the grounds of their property in Silves". So the boy did not fall "by pure accident" into the pool but the accident happened under his father's eyes.

I have a strong feeling that for a few months newspapers (in general) are "on the case of private pools" and therefore they use all kinds of very suggestive headlines mostly incriminating private pools.

Why is that and what good does it do?

As such there is no problem with private pools, there is only a problem with IRRESPONSIBLE PARENTS who - once on holiday - have only one strong wish: that their toddlers and children should be as far as possible out of their sight and that the children definitely do not "disturb" their holidaymaking parents! That is the real reason for the problems and believe me, as a villa renter we have lots of experience in this field.

Furthermore most of the parents are convinced, the best place their children can be during the holidays is in the pool ... as they know where the pool is, the surface of the pool is not so big and in case of danger they think the child

will cry for help. This parental behaviour is definitely despicable and in a way even 'criminal' because in practice they send their children into deep water (up to 2.50 metres deep) without constantly monitoring them.

The same is true when parents send children to play in the garden. When there is a pool in the garden you can be sure the children will try to enter the pool even though they are not allowed. But as nobody is controlling them, it is very attractive ... with the result that we know. And only in these cases will the installation of a protection fence or a net be effective.... as long as the kids do not climb over that fence or cut the cords of the net (as happened recently in a friend's pool.)

In conclusion I should say a pool is very comparable to a car or a knife: if there are no rules or if the rules are not respected and if the application of the rules is not checked there will be lots of accidents with these cars and knives, and it is the same with pools!

Therefore for the safety of our toddlers and children on holiday: let the parents completely and immediately change their bad attitudes and take correct care of their youngsters, for the sake of all.

GUIDO, Algarve

### Never paint again

SIR, I write as a retired painter. I have every sympathy with Bob Ayre, but not much consolation.

This product has been sold to applicators in the UK for 40 years, it is really a racket. The applicators promise everlasting life and a long guarantee but they go out of business and reinvent themselves quite frequently. The high pressure sales pitch is plausible, a very thick flexible coating applied by airless spray, except that this is no advantage in fact it is a disadvantage the surface

will still get dirty and any failure as a result of degradation of the underlying masonry or adhesion failure of previous paint will result in the stuff coming off in sheets leaving a heavily contoured and pibald appearance, then what do you do.

The major paint manufacturers throughout the world make a variation of vinyl acetate emulsion paint for masonry it is used in all buildings new and old by builders and architects it is universally available, comparatively cheap, easy to apply, is partly self cleaning through chalking, tolerant of poor preparation, is infinitely re-coatable and has a good appearance for ages.

Incidentally, lime wash from the middle ages is holding many a crumbling old wall together in Portugal and I really like the appearance.

NAME & ADDRESS SUPPLIED

### Never paint again!

SIR, Please could you pass on my name, address and e-mail to Mr. Bob Ayre, his experience with Four Seasons Paint (now All Seasons Paint) exactly mirrors my own. Back in February of this year All Seasons promised to honour my guarantee with Four Seasons and I received an e-mail to that effect. However after a visit by one of their contract painters to assess the work to be done and a promise that they would be back soon to start the repairs, nothing has happened.

I have phoned them several times, but on the last occasion I was told that they would not, I repeat not be honouring the Four Seasons contract as they are now a completely different company. Does that mean in the near future they will change names again (maybe Many Seasons) and a lot more people will be left high and dry with shabby looking homes after spending a considerable

amount of money to prevent just that from happening.

Thank you for taking the time and effort to print Mr. Ayre's letter and hopefully forwarding this e-mail to him.

NAME & ADDRESS SUPPLIED

### Re-never Paint Again

SIR, With reference to the above letter printed in the 2nd August issue. We would like to make it known that the problems experienced by Mr. Bob Ayre are also very familiar to us.

We also contracted Four Seasons Paint (now operating as All Seasons Paint) in March 2006 which guaranteed the paint job for at least 15yrs. We too consider that the high initial cost was not justified by the finished product.

We accommodated for one week the two painters (who travelled from Spain) to undertake the work.

The areas surrounding our house were left in a deplorable state (paint splatters over patio areas/shutters/roof terrace even the satellite dish/watering cans/furniture and plants. Much of the paint removal on the patio area was undertaken by Billy and Eileen who were equally shocked at being faced with the task of removing paint from such a large area. After about a year cracks appeared in the paintwork and in some areas paint was beginning to flake off.

We were in contact with the company soon afterwards as we had not received our written guarantee as promised only to be informed that the company Four Seasons had been taken over by All Seasons Paint! Therefore no guarantee could be issued.

We are in possession of some of the copies of our communication with Four Seasons/All Seasons Paint. We would like therefore that Mr. Ayre include us in any process with the Consumer Protection Agencies.

NAME & ADDRESS SUPPLIED

### Proposed dual carriageway at Alfaroabeira

SIR, Re. The proposed dual carriageway at Alfaroabeira. From what I read the Loulé Câmara has certainly acted underhandedly, if not illegally and although there should be some way of challenging the decision in court it could be costly.

Unfortunately, a threat to the environment is usually only an issue to those likely to be affected by it. For instance, how many of us have actively supported an ecological issue outside our own area, e.g. the recent, well-publicised dispute about the siting of electricity pylons somewhat further west? Even then environmental concerns are usually outweighed by understandable fears about the effect on property prices. Nonetheless, I wish them good luck with their campaign. As the EDP back down shows, if enough people shout loud enough!

In spite of the seriousness of the matter I hope that the following may raise a dry smile or two. If what I have read is correct this kind of dispute will become a thing of the past. The meaning of the acronym NIMBY: 'Not In My Back Yard', may already have been overtaken by BANANA:

'Build Absolutely Nothing Anywhere Near Anyone' and it seems likely that this may be superseded by NOPE - 'Not On Planet Earth'. At which point no new construction will be permitted anywhere.

I wonder what participants in the homosexual debate make of the mind-boggling claim by someone that after a chance encounter with a decidedly oversexed neighbour his pet cat has been converted to 'homosexuality'? (The Portugal News - 28th July). We can only hope that it prefers the passive role because shaking it off will be a lot more painful than a myopic dog trying to hump your leg.

RON LAVERY, By e-mail

### European Commission v. Portuguese Government

SIR, I refer to The Portugal News 5th July. Page 10 reporting again about the request from the European Commission to end the discrimination against non-residents in Portugal. Nearly every edition of any English newspaper in Portugal over the last months has reported this or other complaints from the EC authorities against Portugal. Portugal has actually the worst record regarding unchanged and non-compliance of EC directions, and the Government is only acting if they are forced to or punished by the European Court of Justice.

F.K. HARTMANN, Alvor

### Thanks Ron

SIR, May I take this opportunity to thank Ron Lavery (Letters 26th July) for his spirited defence of my letters in the face of Norman Walker's deprecatory remarks ('Baudhism' 19th July), and for passionately pointing out that James Ross is guilty of far worse? Mr Walker is prepared to ignore or condone J.R.'s scriptorial excesses, having apparently been seduced by his declarations on sex and morality.

On the same page, JR accused me of having a belief in God and angels which "never developed past the age of 7". Contrary to this allegation, it was probably around the age of 7 that, unlike poor old JR, I consigned angelic belief to the realm of fairyland. God took a little longer.

To correct another of James' misconceptions, long before Sam Harris et alii put pen to paper, I had reasoned my way to my present standpoint (incidentally, Harris' book is excellent value at £7.99; it seems James paid more for his copy). I shall attribute the thinly-veiled insult to my saintly father to Ross' fit of pique. How he loves to use expressions like "pathological hatred" about any who have contrary views to his, when all we feel is incredulity that he holds such irrational beliefs faced with overwhelming evidence to the contrary!

Mr Walker is wrong as to my reasons for boring him. My intention is to present the flip side of JR's coin, supported by evidence. Because of his highly-conditioned, mediaeval mindset, it is necessary to delve into Church history to correct him. Other issues I leave to better-informed minds.

M. BAUGH, By e-mail

## Portuguese for Beginners

Emília Rosendo

① Choose a), b) or c) to complete the sentences which follow.

1. A vossa cidade é muito bonita. Há quanto tempo vivem \_\_\_\_ ?

a) ali b) aqui c) além

2. Eles escondem a chave \_\_\_\_ do tapete?

a) dentro b) atrás c) debaixo

3. Se \_\_\_\_ é dia 5, então \_\_\_\_ foi dia 3 e amanhã vai ser dia 6.

a) hoje...anteontem b) hoje...ontem  
c) agora...anteontem

4. Os turistas \_\_\_\_ chegaram ao aeroporto mas \_\_\_\_ não partiram para o hotel.

a) já...ainda b) ainda...já c) ainda...entretanto

5. Aqueles animais são \_\_\_\_ perigosos e por isso estão enjaulados.

a) tanto b) muito c) tão

6. - Eu \_\_\_\_ andei de helicóptero.

- \_\_\_\_ eu.

a) também...Também

b) realmente...Sim c) já...Também

124

THIS LESSON:  
Adverbs

7. - Eu \_\_\_\_ andei de submarino.

- \_\_\_\_ eu.

a) nunca...Nunca

b) nunca...Nem c) não...Nunca

8. Eles estão cansados porque \_\_\_\_ dormiram cerca de três horas.

a) só b) até c) exclusivamente

9. - \_\_\_\_ te sentes?

- Bem, obrigado.

a) Onde b) Como c) Porque

10. Ele subiu as escadas \_\_\_\_ porque a lâmpada estava fundida.

a) de repente b) à pressa c) às escuras

11. Ele calçou os sapatos ao contrário: o sapato do pé \_\_\_\_ no pé esquerdo e o sapato do pé \_\_\_\_ no pé direito.

a) direito...esquerdo

b) esquerdo...esquerdo c) direito...direito

12. Não há cadeiras suficientes, por isso ficamos \_\_\_\_ .

a) frente a frente b) ao pé c) de pé

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emília Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.

More letters on pg. 34



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## Stone Care Services, bringing new life to old stone



Since identifying this niche market in the Algarve, Tim and Sue Stamp have, over the years, expanded and built upon their highly successful business in natural stone refurbishment and maintenance. Tim is keen to emphasize that it is essential to know exactly how natural stone reacts to various treatments and processes - certainly not a task for the DIY enthusiast!

Stone Care Services (SCS) has been actively involved with the refurbishment and maintenance of all natural stone surfaces - floors, vanity/work tops, shower surrounds, patios etc - for many years both here and in the UK. Their experience in this field is vast.

Specialising in all types of natural stone - Marble, Granite, Limestone, Ceramics and Terracotta - SCS are able to quickly regain a floor's natural beauty and depth of colour by using a combination of chemicals and specialized machinery.



Homeowners are often under the impression that the only way they can once again have a beautiful stone floor or work surface is to replace the stone completely.

This is almost never the case in Tim's experience.

Over time, any stone surface become dull and lacklustre through foot traffic, food/drink staining and the incorrect use of cleaning materials. This is where Tim's expertise in this highly specialised market comes to the fore - he is able to regain a stone's natural lustre and depth of color without the need to undertake an expensive replacement. Un-sightly stains and scratches can be removed (in most cases completely) to reveal the original surface once again. The removal of old layers of sealant prior to resealing of surfaces is another important aspect of the work undertaken by SCS together with stain protection. High pressure cleaning of exterior pool surrounds and patios by the company is becoming increasingly popular - especially after the Winter season when algae and tree resins tend to accumulate on the tile surface.

Stone Care Services offers a free helpline giving advice on all stone surface types whilst suggesting techniques for their refurbishment and on-going maintenance. Tim has also recently been instrumental in recommending a choice of stone to clients for their new homes, offering



the benefits of low-maintenance together with durability.

SCS have already acquired a large portfolio of satisfied customers along the Algarve - refurbishing surfaces in homes ranging from modern villas and apartments to traditional quintas. The process of refurbishment is quick, dust and odour free - and the cost is extremely reasonable. The service is also ideal for those looking to refresh rental properties after the busy summer season or add extra value and appeal to a property looking to be sold. You only get one opportunity to make a first impression and a shiny revitalized new floor will give you that winning edge! Free a quotation or advice on any stone refurbishment, call Tim on: (+351) 282 991 045, mobile: 919 498 258, or e-mail: timstamp@yahoo.co.uk.

## Kitchens designed for you



Do you dream of having a kitchen that was designed just for you, accommodating your and your family's needs and styled to suit your home? Located in Porches, Kraftwork Kitchens will help you create your very own customised kitchen. Unit by unit, tile by tile, the kitchen of your dreams will expertly be made a reality.

Always striving to innovate, boasting and incorporating the best the market has to offer, Kraftwork has recently enlisted Störmer Küchen products, a leading German kitchen company, to adorn their showroom offering aesthetic beauty as well as useful, practical and multi-functional qualities. Using only high quality materials and reliable technology, Störmer Küchen bring class and elegance into people's homes and, with Kraftwork's experience, knowledge and skill in installing these state-of-the-art kitchens, the outcome is guaranteed to exceed all expectations.

All kitchens designed at Kraftwork, suited to each individual client's requirements, can adapt to any style, whether it is traditional, classic or modern. They incorporate various modern technological options, like the 'Tic Tac' systems, which open and shut doors and drawers without handles. 'Soft Close' technology is another possibility, as well as integrated TV's and much more.

As any tradesman will tell

you misplaced pipes or botched electrics can add unnecessary hassle, time and money to any job; so, to ensure the fitting of the appliances runs smoothly and without incident, Kraftwork Kitchens offer plumbing and electric services prior to the kitchen installation. Other services provided include tiling, lighting, be-spoke cabinets for sinks and heating solutions.

To keep their status in the Algarve as one of the leading companies in handmade kitchens, Kraftwork have to keep priorities in check: finish the job on

time, in budget and in line with customer's expectations.

Language barriers with the team will not be likely as they speak Portuguese, English, French, Spanish, Italian and Arabic.

Kraftwork's experience, knowledge and know-how speaks for itself though a portfolio is readily available on request. Whatever your requirements might be, Kraftwork can make it possible. For more information please visit the showroom in Porches; call: 282 343 752, mobile: 912 511 357 or email: kraftwork@sapo.pt.



## Outdoor Chef BBQs, the ultimate summer accessory



Outdoor cooking is an intrinsic part of summer; the smell of sizzling sausages, barbeque chicken, grilled ribs... but not everyone enjoys the smoke and flare-ups that barbequing can often entail (the burnt meat or the heartburn). Now Portugal has an innovative alternative to the humble barbeque, which not only grills, but bakes, roasts and broils, amongst many other useful functions, meaning perfect food every time.

The Outdoor Chef is a complete cooking concept, based on a gas barbeque, which does so much more than just grill. It is a totally new dimension in gas



barbeques that offers versatility and creativity, complete with a wide range of accessories. With all the different functions the Outdoor Chef can perfectly cook the chunkiest piece of steak to the most delicate pastry.

The Outdoor Chef differs from standard models as it is based on a breakthrough gas kettle-grill design with a reversible funnel, heating evenly to high temperature in an instant.

This also means it is ideal for

cooking the likes of eastern foods, which are 'flash-cooked', and Mediterranean dishes like paellas.

A one-touch ignition makes lighting the barbeque as easy as it gets, and, as there is no charcoal involved there is no smoke or risk of fat dripping onto hot coals. And thanks to the grill's unique shape, any residue fat is gathered in a deposit beneath, meaning less cleaning and healthier, tastier food. With the right accessories, - and there are many to choose from - the right food and drink and the right company, the Outdoor Chef can create the ultimate al-fresco culinary experience.

Available in various models it is also available with a 'Pizza Stone' on which pizzas, breads and other dough can be baked, offering that traditional 'just-out-of-the-oven' taste.

A portable, mini-size Outdoor Chef (the City Grill) is an ideal solution for those living in apartments with balconies, small outdoor spaces, or even camping aficionados.

As there is no smoke, the only thing neighbours' will have to

complain about is not having a City Grill themselves!

All models are made of a ground-breaking scratch-resistant material that ensures years of good use even for the most enthusiastic griller.

The Outdoor Chef is being introduced to Portugal courtesy of Ken Tomsett, who resorted to sourcing a new type of barbeque after spending "year in year out buying new grills to replace rusty



ones. We could never really find anything suitable".

"This is the type of quality product the Algarve needs and appreciates", he says. For more information, call Ken on: (+351) 964 954 279. Delivery and assembly possible on purchase.

## OneFone wonder ('Free Calls' really means free calls!)



Designed to offer the competitive rates of a landline home-phone with the freedom and versatility of a handy mobile, the OneFone is set to revolutionise the telecoms market. Available exclusively through World Telecom, the OneFone Home is based on a single monthly payment 24.99 euros for which users enjoy unlimited free phone calls to fixed lines in 11 countries, including most of Europe and the USA, and, of course, Portugal.

With the size of a standard mobile phone the OneFone can be used throughout Portugal, which now has a 90 per cent coverage of the population.

Upon leaving your home, a personal key-in code activates the mobile service so the phone can be used anytime, anywhere, without inflated mobile phone rates.

So what is the draw-back? Well, there isn't one.

The OneFone is even beneficial for those calling you, as a nomadic number means they pay the same fixed rate as a regular landline phone number.

A Business Pack is available and differs from the Home Pack in that, whilst calls are not unlimited, it does offer 500 minutes of free phone calls plus heavily discounted rates to countries not included in the 'Home Pack' group. Furthermore, as with a standard mobile phone, texts can be sent

between OneFones.

By the end of this year the text service will also be extended to other mobile operators. One single payment of €85 (excluding IVA) is required to purchase the phone, plus the monthly bill of €24.99. That's it. Calls unlimited!

Kurt Pardon, General Manager of World Telecom explained: "This product is a brilliant alternative to regular mobile phones as it is cheaper to call from and cheaper to call to. It is also an ex-

cellent replacement for the standard landline phone as not only can you use it in and outside your home, but in and outside your home town."

He added, "It really is as good as it sounds. It's a simple as that."

One user commented, "It's just like having Skype on a mobile."

Join the many other happy OneFone users and call World Telecom now to find out how to get your OneFone on: 707 500 600.

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For more information on how to be included, call Sales Manager Bella Talhadas on: 707 500 677.



# PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 9 Aug 2008

## PROPERTY OF THE WEEK

### A modern, unique lifestyle at Sunray Village



Blending traditional Portuguese materials with modern glass and glazed surfaces, Sunray Village has been recognized by International Property Awards as Best European Development and Best European Architecture.

Sunray Village is a modern new development, in the heart of the 'Golden Triangle' of the Algarve, near Almancil. Its wide open spaces are intended to take advantage of the warm sunshine and cool Atlantic winds by melding interior and exterior spaces.

The unique contemporary design is a stark contrast to the traditional Algarvian style of architecture typical of this region. Clean lines, fresh glossy glass and smooth concrete mix with natural rough stone and wood. The utmost attention is given to an abundance of light and space. Every home has a terrace facing south, the most desired views and lighting in the area. Each unit also boasts its own private garden and swimming pool. And most have a rooftop terrace Jacuzzi.

Sunray Village was designed by Vasco Vieira, former chief architect of Vale do Lobo, and has just been recognized by International Property Awards as 2008 Best European Development and 2008

Best European Architecture. It has also been named as a finalist in the upcoming Homes Overseas Awards. The development consists of 52 units: two-bedroom townhouses at 245 sqm, three-bedroom townhouses at 270 sqm, and three-bedroom villas at 395 sqm. Each unit has an additional multi-purpose room on the ground floor that can be used as an added bedroom, lounge, games room, etc.

The complex has four residential "clusters", placed optimally around the site to create a sense of openness. Grounds around the buildings provide vast lawns, putting and chipping greens, children's play area and fitness circuit. Residents drive into underground parking, and directly into their own private parking bay.

The modern design utilizes high-spec contemporary finishing's of natural stone, wood and glass, combined with large glazed surfaces. Kitchens are fully-fitted with Bosch appliances and 4-

inch thick granite work surfaces, with splashbacks of smoked glass. Grohe water fittings are utilized throughout the homes.

The truly unmatched element of innovation is the combination of interior and exterior space. Large glass doors in the lounge area slide completely open to a massive terrace, combining the two spaces into a single indoor/outdoor environment. The horizontal fireplace hearth in the lounge area stretches across and through the glass onto the terrace, providing a second fireplace for those relaxing outside. A sink and food preparation area on the terrace is also thoughtfully designed for entertaining 'al fresco'-style.

The inspiration for design elements of this modern development comes from the horse stables originally scattered around this land. Great thought was given to incorporating the natural environment with cutting-edge design to create a project truly unique for the area. Yet, Sunray Village blends well with the traditional farmhouse-style hotel that it surrounds. Sunray Village is also a fantastic investment. Located between the exclusive areas of Vale do Lobo, Almancil and Vilamoura, the development is great value. Prices for property in this area are €4,000-5,000, per square metre, while prices for Sunray Village are



€2,078 per square metre. This is 50% below market value. The units are also perfect for holiday rental revenue. Atlantic Estates are exclusive sales agents for Sunray Village. For more information or to schedule a visit, call (+351) 289 315 324 or email: [info@atlantic-estates.com](mailto:info@atlantic-estates.com).



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### Santa Catarina

- Lovely new villa
- Country & ocean views
- 3 bedrooms 3 bathrooms
- Under floor heating
- Pool in covered terrace
- Villa 160m² plot 9.936m²

Ref. V772

Price Reduced to: € 335.000



### São Brás de Alportel

- Lovely spacious new villa
- Great country views
- 5 bedrooms 3 bathrooms
- Separate basement apartment
- Pool 12m x 6m + jacuzzi
- Villa 400m² plot 3.980m²

Ref. V1108

Price Reduced to: € 385.000



### Tavira

- Magnificent luxury villa
- Spacious with lots of light
- 6 bedrooms 6 bathrooms
- Pool with wooden decking
- Space for tennis court
- Villa 320m² plot 1.100m²

Ref. V1125, See also V1126

Price: € 1.250.000



### Bordeira

- Beautiful villa in the hills
- Spectacular ocean views
- 4 bedrooms 3 bathrooms
- Studio apartment
- Large pool & tennis court
- Villa 249m² plot 1.882m²

Ref. V1134

Price: € 465.000



### Vila Nova de Cacela

- Beautiful spacious villa
- Panoramic view to coast
- 4 bedrooms 3 bathrooms
- Separate studio room
- Large pool, lovely garden
- Villa 408m² plot 19.009m²

Ref. C1138

Price: € 660.000



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### Vilamoura

2 Bedroom 'fully furnished' ground floor apartment located at the Old Village in Vilamoura. This lovely apartment with sunny south-facing patio is an ideal holiday home or rental investment.

Price: € 225.000



### Vilamoura

3 Bedroom apartment on a beautiful complex with additional room for games or 4th Bedroom. The apartment has a large private garden of 124m², woodburning fireplace & pre-installation for air conditioning.

Price: € 275.000



### Almancil / Vale Formoso

Luxury 2 Bedroom 'Fully Furnished' townhouse located on a small condominium of only 12 villas with use of Tennis Courts. Within 5 minutes Drive of Quinta do Lago and Vale do Lobo beaches and golf courses.

Price: € 345.000



### Vilamoura

3 Bedroom detached villa w/private sw. pool & large terrace located at the 'Old Village' in Vilamoura. Within a minute's walk of the various bars, restaurants & local supermarket. Access to the marina is easy via the tourist road train that stops nearby.

Price: € 515.000



### Vilamoura

Beautiful Luxury 6 Bedroom / 7 Bathroom detached villa overlooking golf. Sold "Fully Furnished" to the highest of quality with Cinema Room & Wine Cellar, and based on a large landscaped plot of 1500m².

Price: € 1,950,000



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web.: www.villasluz.com

### Olhão

Townhouse to be rebuilt / refurbished set in the centre of Olhão, less than 5 minutes walking to the Market place, Marina, shopping street and all amenities. Great Price!

Ref: MG-VIV-0114

Price: € 65.000,00



### Moncarapacho

Charming refurbished townhouse, with a large roof terrace with privacy, overlooking the village the countryside and the sea for a fantastic price. Sold furnished.

Ref: MG-VIV-0113

Price: € 150.000,00



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Fax: 281 370 761

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### Villa - Cabanas de Tavira

High quality 4 bedroom villa on a plot of 209.70m², under construction with completion foreseen for April 2009, with central heating, air con. solar panels, roof terrace and private swimming pool, nicely situated in Cabanas with its beautiful lagoon and beach, 3,5 km from Tavira.

EA 016 - VCAB - € 435.000



### Building Plot - Tavira Hills

Situated approx. 8 kms north of Tavira in the countryside this land with an area of 1.802 m² has got an approved project for a modern 4 bedroom, 3 bathroom villa (basement, ground and first-floor) having a total area of 282.49 m² including garage in the basement.

EA 017 - BTH - € 150.000



### House - Tavira

Brand new 2 bedroom, 2 bathroom townhouse partly built in the typical style and partly in the modern style with paved back garden and large roof terrace with view of the river prepared for air con. situated in the centre of the charming town of Tavira.

EA 018 - HTAV - € 295.000



### House Neighbourhood Tavira

Attractive 2 bedroom terraced house built in 2003 on various levels, to very high standard, w/ A/c front patio, roof terrace & spacious basement divided into games-room w/ storeroom, shower-room & study, 2 mins drive from Tavira, 5 mins drive to various golf-courses, 6 mins to Cabanas beach/lagoon.

EA 019 - HNTAV - € 240.000



### Studio apartment - Cabanas

Studio apartment (44 m²) conveniently situated on the ground-floor in a side-road of Cabanas within short walking distance the beautiful lagoon (Ria Formosa), to shops, restaurants, pubs and public transport, 3,5 kms from Tavira

EA 020 - STCAB - € 75.000



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Tavira: 281 320 281  
Vilamoura: 289 301 294



### Fonte Santa - Cacela

Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!

Ref: LHT-853 Price: € 199.000



### Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m², built in 2006.

Ref: LHV-927 Price: € 640.000

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### Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m², built in 2005

Ref: LHV-901 Price: € 895.000



### Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m², plot 40.700m²

Ref: LHV-904 Price: € 2.400.000




**Albufeira / Paderne**

Cottage in the countryside on a 3500sqm plot. With 7 bedrooms, 4 bathrooms, 4 kitchens and 4 living rooms. Can be used as 4 separate apartments. Big swimming pool. Ref 361

Price: EUR 550.000


**Albufeira**

Refurbished apartment in a quiet area close to amenities, the "Strip" and beaches. Fully furnished. Air conditioning. Private parking. Garden and swimming pool. Ref 421

Price: EUR 170.000


**Albufeira / Canais**

Big villa with 4 bedroom + office in quiet area close to Albufeira. Roof terrace. Fully fitted kitchen. Nice fenced garden with big BBQ area and swimming pool. Ref 335

Price: EUR 325.000



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**Albufeira / Falésia**

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Price from: EUR 150.000


**Albufeira / Old Town**

Nice spacious studio apartment with 41m2 in the old town and close to the beach. Furnished. High standard with new bathroom and kitchen. Close to all amenities. Ref 329

Price: EUR 98.000


**Albufeira**

Townhouse with 2 bedrooms, 2 bathrooms, living and dining room with fireplace. Basement with extra bedroom and closed private garage. Communal swimming pool. Ref 465

Price: EUR 225.000



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- Communal Swimming Pool

€71,000 Quarter Share


**Quinta de São Roque**

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- 2 Bedroom, 2 Bathroom
- Fully Fitted Kitchen
- Terrace
- Golf Discounts
- Communal Swimming Pool

€117,000 Quarter Share



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#### Vilamoura

Two studio apartments, renovated, each composed of lounge, kitchenette, bathroom and terrace. Furnished and equipped. Communal swimming pool and garden area. Construction area - 64 & 65 sqm. The price is for each.

Ref: A1262 Price: € 106,000



#### Vilamoura

Attached villa composed of 2 bedrooms, 2 bathrooms, lounge with dining area, equipped kitchen, storage and 3 terraces. Communal swimming pool and garden area. Construction area - 176 sq.m.

Ref: V12523 Price: € 265,000



#### Vilamoura

Attached villa, located near the marina, composed of 3 bedrooms, 3 bathrooms, lounge with fireplace, equipped kitchen, pantry, storage, barbecue, garden and terraces. Furnished. Communal swimming pool and exterior parking area. Plot area - 132 sq.m.

Ref: V12547 Price: € 348,000



#### Loulé

Beautiful country villa composed of 3 bedrooms, 2 bathrooms, lounge w/fireplace, kitchen, 2 storages, and large terraces. Garden, carport and swimming pool. Alarm, central heating and automatic sprinkler system. Plot area - 2.000 sq.m.

Ref: V12378 Price: € 550,000



#### Vilamoura

Excellent apartment w/sea and golf views composed of 3 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage & spacious terraces. 2 parking spaces in basement & storage. Communal swimming pool & garden area. Construction area - 250 sq.m.

Ref: A1265 Price: € 700,000

#### FEATURES:

4 bedroom  
2 bathrooms (1 en-suite)  
Guest toilet  
Fitted fully-equipped kitchen  
Living room with wood burner stove  
double glazing all round (with tinted glass).  
2nd reception room  
Split level garden with semi covered terrace,  
A/C units in all rooms  
Ample parking

Well built 4 bedroom semi-detached villa in a quiet urbanisation close to all amenities



Location: Lagoa - Plot: 234 m2 - Covered area: 190 m2 - Built in 2000 Price: €330,000.

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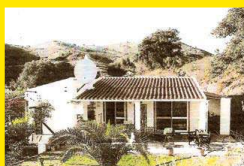
Distances: Faro 55 km; Lagoa town centre 500 m; Carvoeiro and beaches: 3 km; Portimão: 10 km; Golf: 2 km. - Tel: 918 721 688



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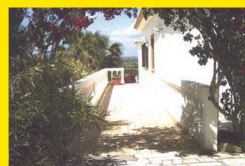
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#### Near Silves

Charming detached farmhouse on 1200sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/C, wood burner. Large workshop, utility room, space for pool, own borehole.

Ref: V-351 Price: £ 188,000



#### Salicos

Spacious 3 bedroom villa on a cul-de-sac. Excellent location w/ view to Monchique mountains. Close to Marina beach. 3000sqm plot. Open space kitchen/lounge/dining room w/ wood burner. Large terraces, easy to maintain garden, space for swimming pool.

Ref: V-349 Price: € 445,000



#### Belomonte

Spacious new villa of 220sqm w/ large sw. pool. 1300sqm plot. Quiet location in prestigious area. Hall, guest wc, lounge w/wood burner, equipped kitchen, dining area, 2 double bedrooms w/ en suite bathrooms, walk-in wardrobe. 3rd bedroom, bathroom, large terraces on 1st floor. Elegant quality design & construction.

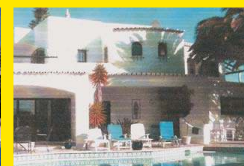
Ref: V-312 Price: € 495,000



#### East Carvoeiro

Newly constructed modern luxurious villa composed of 3 bedrooms, 2 bathrooms (1 en suite), 1 wc, lounge, dining room, fully fitted kitchen, 1st floor lounge. 2 mins drive to beach. Full under floor central heating + wood burning stove. Sea views.

Ref: VH-454/08 Price: € 625,000



#### Centianes / Carvoeiro

Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in!

Ref: V-350 Price: € 635,000



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#### VILA SOL Ref. V82193

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Price: € 900.000



#### VILAMOURA - FALESIA BEACH Ref. A82215

Top floor three bedroom apartment. 150 sq.m. Lovely communal garden with pool. Furnished and equipped. A/c. 15 minutes walk to the beach and the Marina. Great panoramic sea view. Private parking for two cars and storage.

Price: € 340.000



#### SALGADOS BEACH Ref. MG82251

Investment opportunity!!! Prime location. 2 bedroom villa in fabulous golf resort. 247 sq.m. 5 mins walk to the beach & golf. Near all amenities. Top finishes. Fitted kitchen. A/c. Private parking. Pool. Fabulous letting potential. Under market price!

Price: € 660.000



#### ALBUFEIRA Ref. A82257

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- LAGOS, S125, detached villa, perfect residential property, walking distance to town & all amenities, Marina, beaches, restaurants, beautiful finishing on two floors, private pool area overlooking city & Marina. REDUCED TO TOP PRICE €649,000!!!
- SERRA & MAR, S324, lovely detached villa, 3 beds on huge plot w/ pool & lot's of privacy, villa is bright & light, renovated & only 20 minutes from the coastline, nestled in a first class urbanization REDUCED TO TOP PRICE €599,000!!!
- CARVOEIRO, S333, detached villa on huge plot, lovely landscaped garden w/ pool, lot's of privacy, walking distance to beach, great potential, 3 beds, 3 baths, patio, double garage & space for further bedroom. REDUCED TO TOP PRICE €660,000!!!
- QUERENÇA (NR. LOULE), S326, 3 beds, 167m<sup>2</sup> living area on two floors, c. 1,800m<sup>2</sup> land, pool, lovely garden, borehole, great potential, nestled in perfect environment, not far from village & towns. REDUCED TO TOP PRICE ONLY €340,000!!!

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- QUINTA DO LAGO, S553 exclusive location, 2 beds & 2 baths, enjoys communal pools, tennis courts and clubhouse facilities, close to Nature Reserve and Ançã beach. €575,000.
- MONCARAPACHO, S317. 2-4 beds & 2 baths, plot 6.800m<sup>2</sup>, property 250m<sup>2</sup>, small pool, pond & potential to extend, sea & country views. €410,000. neg

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## Spell out your style

Action speaks louder than words, so the saying goes - well not in today's homes. Spell it out with homeware with a message. Gilded letters hung on walls or displayed on surfaces, or even illuminated neon signs are all the rage. We check out the buys to write home about.

Graffiti's no longer confined to public spaces - it's gone posh and is now the most fashionable way to personalise our rooms.

It seems we can't resist the urge to 'write' on our walls but don't think spray paint and Banksy's street art! The most popular way is to use 3D gilded or painted letters to spell out names, inspiring words like Love or Peace or even

witty sayings on a mantel or shelf.

Designer Emily Readett-Bayley pioneered the use of letters as decoration in 1990, selling them through her interiors company.

Initially she found their appeal was only for children's rooms. But now the trend has become so popular for grown ups that she's

launched a new online company, Posh Graffiti, selling a huge range of hand-carved letters in different sizes and print types made from sustainable wood.

Readett-Bayley, 45, says: "This has become enormously popular in the last couple of years - it's like posh graffiti for rooms.

"I think people love being able to personalise a room with a word or phrase that means something special to them. Many people may just want to monogram a wall with either their own name or initials or perhaps their partner's, while others do still use them to personalise children's bedrooms with their names.

"But some people love them so much they buy a whole alphabet and regularly change the word or saying they have on a wall or displayed on a shelf.

"I know one woman who spelt out the word 'love' hundreds of times in a border made up of my 3D letters all around her bedroom. We've had a few men who've spelt out their school mottos while other people spell out the title of their favourite song."



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# From field to fork



## Onions

Onions from seed need a long growing season and you could sow them now in a sheltered area, for planting out in March. How-

ever, it's much easier to grow them from small plants, which can be bought for planting in March and April.

The soil should be dug over thoroughly and weeds and large

stones should be removed. Then each plant should be eased into the soil (in straight rows) so the tips are left protruding, spaced around 10cm apart for large onions, and slightly closer for smaller ones.



## Three ways to...

### Protect garden ornaments

1. More garden ornaments are being stolen each year. Secure them with a bolt and chain attached to a permanent stake.
2. Give hardwood seats a little protection from strong sun by oiling them lightly each spring with linseed oil.
3. Don't place ornaments on grass, as it's hard to mow at the base of ornaments. Place them on a hard surface that is flush with the grass.

(Photo: Pr Ornaments, Auckland, N.Z.)

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## Best of the bunch - Crocus

They may be pint-sized and shortlived, but the crocus continues to be one of the most popular early spring-flowering bulbs, producing striking flowers in shades of white, yellow and purple, some striped, others bi-coloured and blotched. Good varieties include the Dutch crocus, *C. vernus* 'Pickwick', which flowers from early to spring, producing white flowers, striped pale and dark lilac, with deep purple leaves.

Winter-flowering species grow just 10cm high and complement the rockery, while spring-flowering Dutch hybrids bloom in March and April and have larger flowers. There are several available, including 'Remembrance' (purple), 'Little Dorrit' (lilac) and 'Golden Mammoth' (yellow). They will do well in any well-drained soil in sun or light shade. Plant corns in the autumn, 8-10cm deep and they should come back year after year.

# From plot to plate

## Spinach

People either love it or hate it - and I love spinach, either raw in salads or lightly steamed until wilted, added to pasta dishes or in filo parcels with feta cheese.

If you have made continuous sowings of spinach from spring onwards, you should be picking spinach until the end of October. Sow summer (round-seeded) varieties thinly from March to May

in humus-rich, fertile soil, ideally between rows of tall-growing vegetables, to provide dappled shade to reduce the risk of the spinach bolting. Cover with a light smattering of compost and thin the seedlings to 8cm apart when they are large enough to handle. How to keep down weeds and water well during dry spells in summer. Pick the leaves when they have reached a reasonable size, starting with the outer

leaves that should still be young and tender.

The secret of success is to harvest little and often, to encourage fresh growth. With summer varieties you can remove up to half the leaves without damaging the plant.

Be warned, though, that summer varieties rapidly bolt during hot and dry weather. Try 'Bloomsdale' and 'Medania', which are slower to bolt.



## Three ways to...

### Keep your compost healthy

1. Don't throw in meat, fish and bones, which will attract rats.
2. Avoid putting in diseased plants, which may spread the disease further, or vigorous perennial weeds such as ground elder, which may continue to grow and then infest your border when you add the compost to it.
3. Alternate materials in layers of contrasting textures, not just grass clippings! Balance thin layers of grass with thicker, coarser stuff.

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# Reaching new hedge heights



I love the uniformity of hedges, the way a neatly trimmed hedge ties up the whole garden, as does a well-kept lawn.

Hedges can also work wonders sectioning off areas so there's a surprise around every corner. Of course, the effect that hedging can create largely depends on its maintenance and if you have a privet or other fast-growing hedge such as the evergreen honeysuckle *Lonicera nitida*, it will probably need a trim now to keep it looking its best.

Conifer hedges, including the notoriously fast-growing leylandii, which grows impossibly tall if left unchecked, are nevertheless excellent hedging plants

if they are regularly trimmed.

You may have to clip conifer hedges three times during the summer, with the first cut in May (but watch out that you don't disturb any nesting birds) and the last in late summer, clipping to the desired shape and stopping the leading shoot at the desired height.

Box and yew can be clipped in May to keep the edges sharp and then given a second trim in late August or early September.

If you start trimming conifers when they are small, long before

they reach the height and width you require, you will build up a healthy, thick layer of leafy growth over the entire surface of the hedge. If you are trimming a formal hedge, stretch a level string between two upright posts as a guide to height.

Be aware that falling off a ladder is the most common gardening accident, so if the hedge is taller than shoulder height you'll need a sturdy stepladder and preferably someone to hold it for you while you trim. Alternatively you could invest in a proper hedge-clipping platform to stand on. Make sure you don't trip over any loose cable if you're using electric hedge clippers.

Start clipping at one end, starting at the base and working your way up, covering about 1m (3ft) at a time. Leave the top until last, which makes it easier to get it completely level. Try to make the sides slope in slightly so the base is slightly wider at the bottom, to avoid creating shade that kills the base of the plant.

When you reach the end of the hedge, remove the template, posts and string, trim the ends of the hedge neatly and tidy up any bits you may have missed.

If you want to shape your hedge at the top you can make a shaping frame or template from a piece of plywood, which is especially useful when shaping a hedge in its early years. Place it over the hedge and cut following the lines of the template, moving along the hedge as you go.

Of course, tools are also all-important. I have several small, waist-height hedges in my garden which I can trim by eye and for these I use the rechargeable battery-powered Bosch Isio Shape and Edge, a handy little cordless trimmer with two blades - one for edging and the other for trimming shrubs and small hedges. Available in most DIY stores and garden centres, it's one of the most useful power tools I possess.

If you have a massive hedge, power hedge-clippers with a long



blade will be needed. Electric types are great provided the cable will reach far enough, or you could go for a petrol model which

doesn't involve any cable, but these are much heavier to use.

If you dread the thought of all the clippings you will have to

sweep up, try laying a dust sheet underneath the hedge to save time and trouble.

Hannah Stephenson

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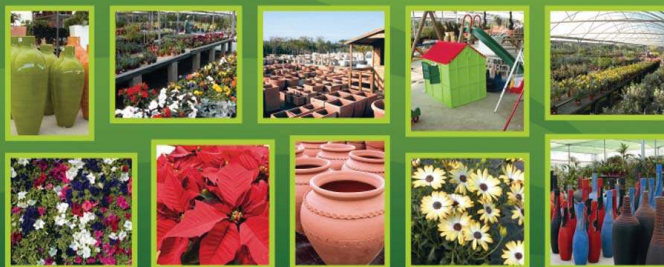
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Stools used to be relegated to kitchens and science labs, but now they've been given a makeover, and are a must-have in stylish homes. We choose stools to stun.

Stools used to be dull, utility items relegated to kitchens and school science labs, but now they've been given a makeover, and are a must-have in stylish homes this summer.

There are stools to pose on, perch on, rest your weary feet on, as well as those that cleverly double as hiding places for clutter or even for a spare bed.

But whether you choose a tall elegant bar stool, a cube or drum stool, or even a plush, upholstered number, a stool's an accessory that you'll wonder how you ever did without.

Sally Bendelow, Marks & Spencer's head of Home Design says: "The hottest buy for this season is the stool and I welcome its return into the home."

"Versatile, it can double as a seat or occasional table. We've got a range of stylish designs from modern, white lacquered to traditional carved wood."

A footstool was the earliest of furnishing essentials and used by the early Egyptians. Today's designers have turned their attentions to them and the result is stools in every material and style.

Gabrielle Fagan

## See-through stools

Conventional stools were never like this! Purple or red transparent La Bohème stools are shaped like large vases or urns and are perfect for those who love a designer tag. They were created by renowned designer Philippe Starck for Kartell.

## Smart stools

There are stools that go beyond their predictable role as a nifty place to sit.

A square upholstered footstool that hides a single bed within it gets top marks for versatility.

## Classic stools

These are the upholstered footstools used literally for resting your feet, and can either match an armchair or stand alone.

## Bar Stools

The demise of the dining room and more informal eating has triggered the revival of the bar stool. These are ideal seating for cocktail and kitchen bars - their presence encourages everyone to gather and chat, and perch, while food and drinks are prepared.

Posers will love slim, elegant numbers with long legs and a tiny seat, while the more practical and generously proportioned usually appreciate a broader seat and a back-rest (definitely advisable if children are going to use these high stools).

## Shiny stools

Glossy lacquered furniture's so fashionable and adding a touch of high shine in a room is easy with Dwell's round lacquered stools.



## Eco stools

Charlie Gladstone, owner of Pedlars, which specialises in the quirky, vintage and reclaimed treasures, has found stools made from salvaged catering cans once containing olives.

"I discovered them in Frankfurt. They're made by people living in sheltered housing and follow a design of a recent graduate, Petra Schultz."



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# Uighurs, Terrorism and the Olympics

"Safety is our top concern," said China's Vice-President Xi Jinping in late July, pointing to the deployment of 100,000 troops around Beijing and the surface-to-air missile batteries that protect the main stadiums as proof of the regime's determination to ensure that no terrorist attack would disrupt the Olympic Games. But it couldn't stop two equally determined Uighur militants from killing sixteen Chinese police and injuring another sixteen in an attack on a border post near Kashgar.

True, Kashgar is in the far north-western province of Xinjiang, 4,000 kilometres (2,500 miles) from Beijing, but if two men armed only with hand grenades and knives could do that much damage there, what is to stop others from doing it in Beijing? Certainly not surface-to-air missiles.

The best way to prevent terrorist attacks is to remove the grievances that often motivate them, and to penetrate the terrorist organisations with informers. China hasn't done very well on either front.

In Xinjiang as in Tibet, it has inundated the local population with a wave of Han Chinese immigrants who live essentially separate and far more prosperous lives, and created great resentment as a result.

The number of Chinese immigrants in Tibet and Xinjiang is so great that they threaten to turn the original populations into a minority — in Xinjiang they have already done so — and that is bound to stir fears of cultural and linguistic extinction in the colonised population. That was the real reason for the explosion of anti-Chinese violence in Tibet earlier this year, and it has been the motive power behind Uighur separatist movements in Xinjiang for twenty years now.

Ironically, the reason for the huge influx of Han Chinese immigrants is a ham-handed effort to quell separatist sentiments in the two provinces.

Most Chinese believe that their country has ruled both Tibet and what used to be called East Turkestan since time immemorial, but in practice they only came under direct Chinese control in the mid-18th century, around the same time that the

British were seizing control of India.

So if Beijing doesn't want its western territories to go the way of British India eventually, then it must find a way to bind Tibetans and Uighurs to China. The solution, Beijing reckoned, was lots of development and rising prosperity, which would reconcile both Tibetans and Uighurs to Chinese rule.

Maybe it would have, too, if the subject peoples had actually shared in the prosperity, but they didn't. Educational levels and technical skills were gravely lacking in the indigenous populations, so the real (although probably unintended) effect was to draw in millions of Chinese immigrants who did have the necessary skills. And it was they, of course, who got all the good new jobs.

In 1945, ninety percent of Xinjiang's population were Uighurs, Muslim, Turkic-speaking people who are closely related to the other Muslim populations of Central Asia. (Indeed, the Uighurs of Xinjiang and the Uzbeks of northern Afghanistan and Uzbekistan can actually understand each other's languages.) Now the Uighurs are down to eight million out of nineteen million: less than forty-five percent of the population and falling fast.

As in the case of Tibet, there has been very rapid urbanisation, but most of the native population lives in ghettos that are little better than slums, with no hope of getting the good jobs that are monopolised by Chinese immigrants. The difference between the two regions is that in Xinjiang there have been sporadic terrorist attacks against Chinese people and interests since the early 1990s.

Tibet is isolated by geography, culture, religion and language. It has no strong affinities with anywhere else, which largely explains its relative political passivity between the big 1959 revolt and this year's disturbances. By contrast, Uighurs have strong historical, cultural, religious and linguistic links with the other Central Asian groups — all of which got their independence when the Soviet Union collapsed in 1991.

That example, of course, was very seductive, and so a wide variety of Uighur separatist groups have carried out occasional terrorist attacks both in Xinjiang and in China over the past two decades. The rise of "Islamist" terrorism latterly has



Passengers walk past closed shops inside a Metro station in Shanghai, China on 05 August, 2008. As one of the Olympic venue Shanghai has shut down all stalls and businesses inside Metro stations for a month from today, including news stands, because of public security concerns after a terrorist attack on 04 August in far western Xinjiang has left 16 police dead and 16 injured. (Photo: LUSA/EPA/WENHAO YU)

given them a more coherent ideology than mere nationalism, and also some useful contacts in the more distant parts of the Muslim world. They have only killed a couple of hundred people in twenty years, but they remain a serious headache for the Chinese regime.

In all that time, Beijing has not succeeded in penetrating and breaking up the Uighur groups who are waging this violent separatist campaign. Part of the reason is doubtless that these groups are small, numerous and fragmented, but they are also increasingly difficult for the

Chinese intelligence services to penetrate because they have become more and more Islamist (as opposed to merely nationalist) in their ideology.

So could Uighur separatists, or even Tibetan ones, carry out a terrorist attack in Beijing during the Olympics?

Of course they could.

Nothing too spectacular, of course. No hijacked airplanes crashing into stadiums. But two men with grenades (or two women, for that matter) could do a lot of damage, and even 100,000 troops would need some luck to stop them.



Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.

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# Making your own fake-away sandwich

Shop-bought sandwiches may not be so tempting after exposure of their fat and salt content and unsavoury preparation methods were revealed on Channel 4's Dispatches programme. Making your own could be the safest and healthiest alternative and we've got some great recipes for exciting sarnies.

Take-away sandwiches, that lunchtime staple for millions of workers, may be the latest victim of the credit crunch squeeze.

Cash-poor employees are increasingly trying to save money by making a 'fake-away' - a sandwich they've made at home but which they bring into work.

Sainsbury's sold a third more lunch boxes and sales of its sandwich bags were up by a quarter in the last month.

Alison Austin for the store says that for under £4 (€5) - the average cost of one sandwich and a drink from a take-away - customers could buy ingredients for two week's worth of packed lunches.

She says: "Buying the ingredients on the weekend and planning ahead or using leftovers can save a huge amount. We think fake-aways are here to stay - you know what food's going into them and you can use up food that would otherwise be sent to landfill."

But economy might not be the only reason for a Bring Your Own (BYO) sarnie. A recent investigation by Channel 4's Dispatches programme into the 2.7 billion shop sandwiches sold annually in the UK revealed that one bought on the high street contained more fat than a cheeseburger, while another brand contained as much salt as several packets of crisps.

Researchers measured levels of fat, saturates and salt in 100 sandwiches against the traffic light system created by the Food Standards Agency (FSA) designed to help consumers.

A product is given a red light for fat, "something we should be trying to cut down on" according to the FSA, if its fat content is more than 20 per cent.

Researchers claimed that while only 14% of Boots sandwiches earned a red light for fat, 69% of Greggs sandwiches, 68% of Pret A Manger's and 47% of Marks

& Spencer's sandwiches earned a red light.

M&S's British Oakham Chicken and Pancetta Caesar sandwich allegedly contained almost 45 grams of fat - nearly a third more than in a Big Mac.

And Subway, the UK's fastest growing sandwich chain, reportedly got a red light for 93% of its sandwiches because of the salt content. The company's 12-inch meatball Marinara was found to contain the amount of salt equivalent to that in eight packets of ready salted crisps.

If economy and health concerns lead you to shun high street sandwiches, you could find inspiration for making your own tasty fake-aways in new book Sandwiches, Panini And Wraps.

Author Dwayne Ridgaway says: "People love sandwiches because they're the easiest and more portable meal there is. Nowadays there are so many types from wraps, clubs, and pittas to panini."

Chicken's our favourite ingredient in Britain, with 30% enjoying it as a filling, according to the British Sandwich Association, and after that we love cheese (including ploughman's) followed by ham, egg, tuna, prawn, and bacon.

But Dwayne's 50 recipes for hot or cold sandwiches use ingredients in refreshingly different ways. His treats include a classic Croque Monsieur Montreal through to a Thai Peanut Chicken Wrap and even an Antipasto-Stuffed Focaccia Party Sandwich which feeds six.

Alternatively, if you love a traditional bread and cheese ploughman's there's a new healthier version by Pilgrims Choice, the cheddar cheese brand.

A Plough-On Lunch has enough ingredients for a lunch as well as a mid-afternoon energy boosting snack, and Pilgrims estimate it costs around £2.59 (€3.30).

Nutritionist for the company, Azmina Govindji says: "The old ploughman's - with cheese, white bread and salad - was high in fat, saturates, sodium and calories and low in fibre."

"We've redesigned it for millions of workers who on average take only around 19 minutes for lunch and usually stay sitting at their desks. They really need a healthy, balanced lunch that's high in fibre, and it includes vital fruit and vegetables."

So rustle up a lunchtime feast with Dwayne Ridgaway's Apple Cider Chicken Sandwich or a Plough-On lunch from Pilgrims Choice (also available at [www.pilgrimschoice.com](http://www.pilgrimschoice.com)).

Gabrielle Fagan



Pilgrims Choice Plough-On Lunch sandwich with a mid-afternoon accompaniment. Photo: PA /Steve Lee

## Plough-on Lunch by Pilgrims Choice

Ideally, eat three pitta halves at lunchtime with olives, pickled onions or gherkins, cherry tomatoes and an apple. Men could add 25g of peanuts for added fibre and protein.

The final pitta can be eaten around three hours later, alongside a handful of grapes.

Two wholemeal pitta breads, halved

For the filling:

30g Pilgrims Choice Extra Mature Cheddar cheese, grated (or another cheddar cheese)

1 red pepper, deseeded and chopped

1 stick celery, chopped

4tbsp canned sweetcorn

A little shredded lettuce

For the dressing:

2tbsp Greek yoghurt

1tbsp balsamic vinegar (optional)

Handful fresh basil, torn, or a good pinch mixed herbs

Coarsely ground black pepper

Lunch accompaniments:

2tbsp chutney

10 drained olives

Pickled onions or gherkins, as desired

6 cherry tomatoes

Fresh apple

(Additional extra for hungry men - 25g peanuts)

Mix together the filling ingredients. Make the dressing. Coat the filling with the dressing and generously fill each halved pitta pocket. Prepare the accompanying ingredients and serve with the pittas.

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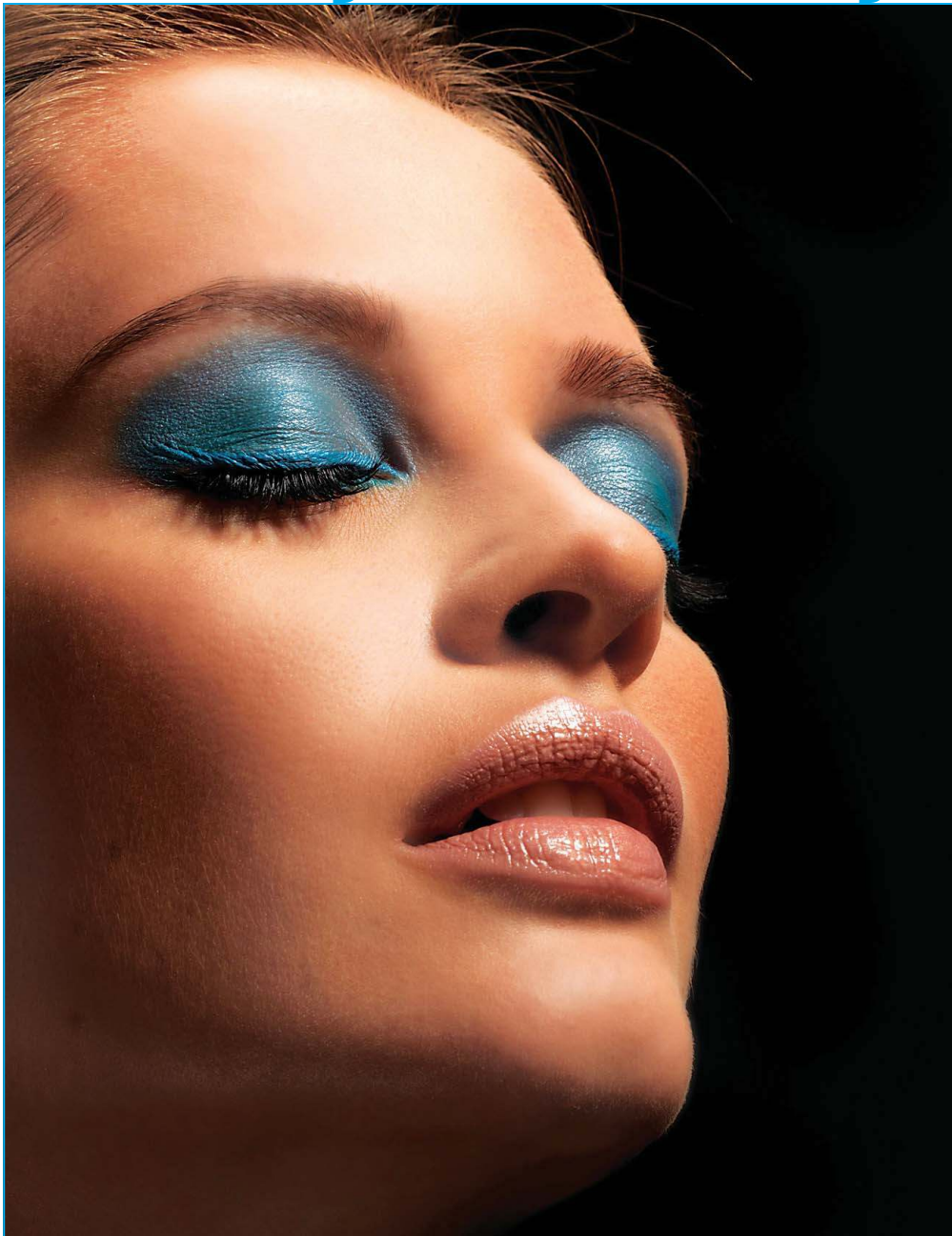
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Barry M bronze look, achieved with Natural Dazzle bronzing powder available from [www.barrym.com](http://www.barrym.com). (Photo: Press Association)

# Bring on

Fake the bronzed goddess look with our make-up tips. This summer is a season of complexion contrasts.

While Dita Von Teese and Kelly Osbourne work alabaster white skin, the summer alternative is the 'supertan' - super-fake naturally!

Nobody in beauty is neglecting their SPF protection to achieve this look. Make-up artists at S/S 08 shows like Jasper Conran and Oscar de la Renta created deep, dark goddess model looks in minutes with the power of bronzing make-up.

While last summer we accentuated

bronze looks with shock neon eyes or lips, now the colour palette for the supertan bronze is all about earthy tones of terracotta, brown, gold and amber.

Accentuate an already-there tan or, if you're stuck in Blighty all summer, fake a St Tropez-style glow.

Shun those sun rays for your make-up bag and bring on the bronzer.



## Tried and Tested

Festival season is far from over so when you can't lather up, rescue your locks with dry shampoo. We test out three hair saviours.

• **Bumble and Bumble Hair Powder** ([www.hqhair.com](http://www.hqhair.com))  
The coloured spray can be quite off-putting - you need to buy the powder which best suits your hair shade. But the results are fantastic. It added volume and absorbed any greasiness, giving me an instant rock chick blow dry look.  
4/5

• **Phil Smith Be Gorgeous Dry Clean Shampoo**  
This easy-to-apply dry shampoo had a lovely fresh but subtle smell. It did make

my hair feel fresher and cleaner, but I had to use a fair few sprays to achieve the desired effect.  
3/5

• **Batiste Blush Dry Shampoo**  
Forget the perfume, I got so many compliments about the smell of this dry shampoo! This instantly freshened up my hair to give me that just-washed feeling. I easily got away without my usual daily shampoo and conditioner ritual.  
5/5

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# the bronze

## Sunkissed Glow

**BEST FOR:** Pale skin.  
Yes, even fair skin can achieve a gorgeous golden glow. The trick is not to go overboard with the colour. Start with a tinted moisturiser to add instant warmth to your complexion, then replace your usual blusher with a bronzer with warm pinkish tones. Finish off with a slick of bronze lip balm, which will give you a softer look than a lipstick or gloss.

**TOPEXPERT TIP:** "When it comes to bronzing, the future is not orange," says Sharon Dowsett, Superdrug make-up artist. "Use the biggest brush you have and then shake off excess powder. For a fresh, modern look sweep bronzer on the cheeks in place of blusher and highlight with metallic eyes."

## Bling Bronze

**BEST FOR:** Medium to olive skin.

This look has golden goddess written all over it. In the absence of a suntan, a bronzing moisturiser will give you that all-important glamorous base.

Work in rich burnt bronzes and golds on your eyes and cheeks to intensify your summer bling look. Lips can go deep terracotta but avoid shimmer overload by keeping them matte with a lipstick.

**TOPEXPERT TIP:** "The best bronzers are ones that contain a combination of different tones and textures," says Nicolas Degennes, artistic director for Givenchy. "If the bronzer is textured with golden/coppery and matte textures, use them separately. Use the shiny textures in the areas you want to accentuate such as the cheekbones and eyes and the matte textures for an even and shine-free look all around the face."

## Toasted Tan

**BEST FOR:** Dark skin  
Think matte to achieve this rich supertan shade. Forget the gleaming tints and apply a sheen-free tinted gel for an all-over deep tan. To achieve an all-American glow, as seen on the catwalks, warm up cheeks with a red-toned blusher and maximise your glow with a shimmering lip gloss with gold flecks.

**TOPEXPERT TIP:** "The T-zone can get particularly shiny as it produces more oil than other areas," warns Lauren Luke, Barry M make-up artist. "To help eliminate this problem use a blusher brush and sweep bronzer along the forehead, nose and mouth area. Skin will be left oil-free with an attractive bronzed sheen."

Lisa Haynes



Yes, even fair skin can achieve a gorgeous golden glow. The trick is not to go overboard with the colour. (Photo: Press Association)

## Beauty Bulletin

### Buy It Now

Amy Winehouse's trademark eye make-up has sent liquid eyeliner sales soaring. Give your peepers definition with Max Factor's new Masterpiece Glide & Define Liquid Eyeliner, available in three shades.

### Gossip Girl Scent

Can you keep a secret? Fans of ITV2's Gossip Girl should stock up on Insolence by Guerlain during August. Insolence fragrance, sponsors of the show, are celebrating the release of Gossip Girl on DVD with in-store offers, starting August 1 for one month. GG aficionados will receive a free DVD with the purchase of 50ml or more of Insolence, and there are shopping trips to New York and London up for grabs at Debenhams, House of Fraser and The Perfume Shop. In the words of Gossip Girl, 'XOXO'.

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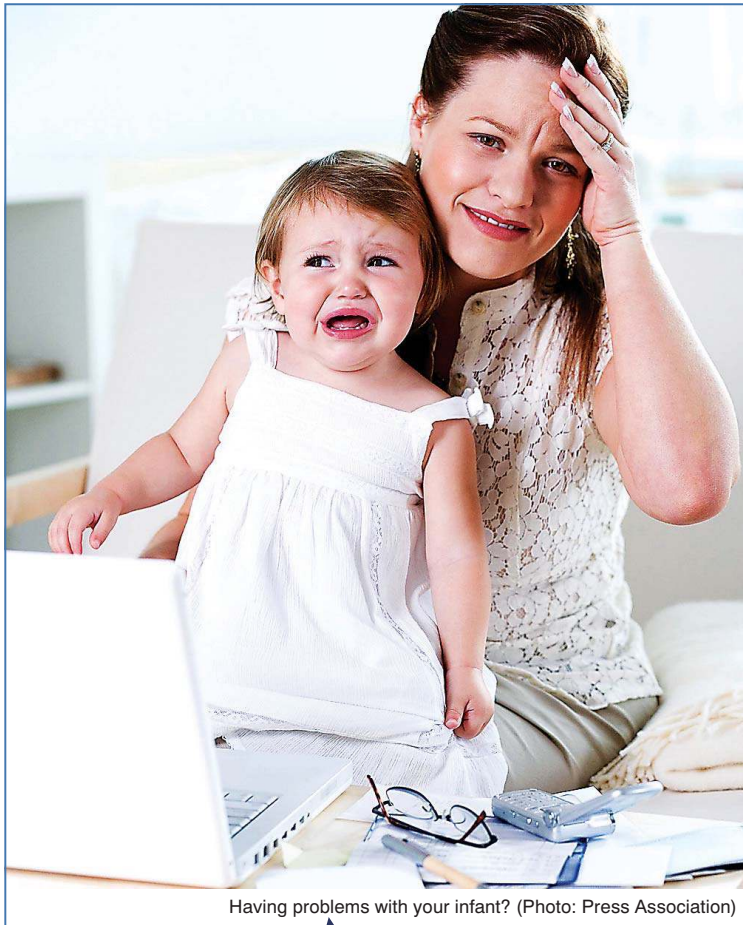
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# parenting

## Ask the expert

The Portugal News • 9 Aug 2008



Having problems with your infant? (Photo: Press Association)

**Q:** "My baby is very fussy and demanding. Does that mean I'm likely to have problems with her throughout her childhood - and if so, is there anything I can do about it?"

**A:** Benjamin Lahey, a Professor of Epidemiology and Psychiatry at the University of Chicago, led a study into whether an infant's temperament and his mother's parenting skills during the first year of life might predict behavioural problems. He says: "Although infants who are perceived by their mothers as fussy, unpredictable, active, and fearful are more likely to be children who are perceived by their mothers as having serious conduct problems later in childhood, many infants with difficult temperaments don't develop serious conduct problems."

"Overall, only a small proportion of children develop serious conduct problems, so even among children with high-risk, challenging temperaments, most don't go on to serious conduct problems."

"Our study doesn't allow definitive conclusions regarding what parents can do to reduce the chances of having a problem child. Nonetheless, our results and other studies suggest that cognitive stimulation (e.g. speaking and reading to the infant and taking the infant to interesting places), not spanking the infant, and being sensitive and responsive to the infant's needs might help."

"The most important implication of the study, however, is that mothers who are concerned about their infant's difficult temperament should consult a mental health expert who can provide advice that's tailored to each infant's needs."

## News for parents

### News for parents

Spending too much time on computers rather than working with their hands is threatening children's neurological and intellectual development, a report has found.

It suggests that Britain is suffering from the effects of a "software instead of screwdriver" society, and that

children aren't spending enough time on hands-on learning, which teaches important life skills like an understanding of materials and how the world works in practice.

Perhaps the answer is to get them to use screwdrivers to dismantle their computers.



Too much time on computers is threatening children's neurological development. (Photo: Press Association)

### The joy of being a parent fades after the child reaches the age of two, researchers have found.

Dr Yannis Georgellis, a senior lecturer at Brunel University, said the stress of parenthood means that the positive effect of having children may be transitory.

"The first year with a baby is very nice but then you have the terrible twos," he said.

"When you ask parents how they feel about their life, they can feel miserable."

But he added: "If you

asked them in another 20 years time they may be very happy and glad that they had children."

In more good news, a separate report from The Children's Mutual found that women with children make eight more lifetime friends as a direct result of becoming a parent. Perhaps it's a result of all that bonding over how hard it is having kids!

### Website of the Week:

[forparentsbyparents.com](http://forparentsbyparents.com)

The site has separate information areas for mums by mums, and for dads by dads, including personal diaries. There's advice on pregnancy, baby and child issues such as weaning and development, a discussion area, polls and parenting news. The idea is to share the experiences of other parents and provide links to specialist sites, as well as give ideas about entertaining the kids.



If a young child doesn't want to go somewhere with you, like a walk or a family outing, give them a cheap disposable camera so they can take pictures of wherever it is you're going, and make a scrapbook of the day.

### When is my child ready to stop having a dummy?

Some experts recommend that dummy use is restricted from the age of about six months, so the child has been totally weaned off it by the age of one.

However, many parents think it's easier to take their child's dummy away when the child can understand why it's happening.

Past the age of two, it's

thought that dummies can begin to disrupt the alignment of secondary teeth, and there is some suggestion that they can also inhibit speech development in toddlers.

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### Campaigners have slammed education chiefs who banned school sack and three-legged races because of health and safety fears.

Children from John F Kennedy Primary in Washington, Tyne and Wear, were due to compete in the events at an Edwardian-themed sports day, but the races were

dropped amid fears a child would fall over and be hurt.

But isn't falling over simply part of what children do? Why not just let kids be kids?

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# Catch ageing before it catches up with you!

'Prevention is better than cure'; that's always been the case for health, fitness and general well-being, but now it's also true for ageing skin. Why target ageing only once you can see it? *Prevention* is the key to successful anti-ageing.

While all other beauty brands are giving consumers what they *think* they need (cream's that claim to get rid of wrinkles) skin giants Dermalogica have gone out on a limb and broke the mould and are giving consumers what they *really* need; 'Age Smart', a skin system designed to *prevent* ageing. All beauty buffs know that when Dermalogica launch such a revolutionary approach other brands will attempt to follow in their footsteps but with such innovative technology, 5 brand new products and one already trademarked will any other brand even get close to Dermalogica's 'Age Smart' range?

## Targeting ageing the traditional way

Creamy cleansers, rich moisturisers, hydroxy acid exfoliants, eye creams rich in vitamin A and Care all common components in any anti-ageing range. If you already have skin with signs of ageing using such products can significantly help to smooth the surface of your skin, increase collagen and elastin production and keep your skin hydrated and moisturised. Sticking to a targeted anti-ageing homecare routine with these types of products included will certainly improve the overall health of your skin, thus improving the look of your skin and help to minimize the appearance of ageing to your skin.

## What's so different about

## preventative products?

Preventative products such as Dermalogica's 'Age Smart' work by impacting the main biochemical reactions that lead to the skin ageing.

## Reactive Oxygen Species

These are dangerous forms of oxygen molecules generated by UV rays and pollution. They attack and react with stable molecules within the skin cells. This causes irreversible damage to the cell, causes the cross linking of collagen and elastin (the cause of wrinkles) and lessens the skin's natural ability to repair itself. To defend against and prevent this biochemical reaction 'Age Smart' products contain antioxidants like white tea, magnesium ascorbyl phosphate (Vitamin C), liquorice and Vitamin E. These antioxidants inactivate or quench free radicals and create stable molecules preventing damage to the cell.

## Advanced Glycation End-products

The same sugar that provides energy for our cells can also react with proteins, including skin's collagen. This reaction, between sugar and collagen results in the formation of advanced Glycation End Products. 'AGE'S' lead to further cross linking of collagen, inflammation, inhibited skin cell growth and accelerated ageing. "Sugar Traps" such as soy proteins, Glucosamine and specific peptides are included in pre-

ventative products to intercept the sugar, bind it and prevent it from reacting with collagen in our skin.

## Matrix Metalloproteinases

These are enzymes that are activated by UV exposure or inflammation. They contribute to the breakdown of existing collagen while inhibiting the formation of new collagen. Long term activation of MMP'S results in disorganisation and destruction of the skin matrix - two key characteristics of photo aged skin.

'Age Smart' contains peptides, Vitamin A and C and powerful plant extracts to prevent this activation of MMP'S. Clever stuff eh? The science and knowledge behind 'Age Smart' has resulted in it being termed 'The intelligent investment in your skin's future.'

## Just another hyped up approach to anti ageing?

Dermalogica are the leading professional skin care company in the world, they pride themselves on education, information and the development of 'field-leading' products. Dermalogica, have never before had an anti-ageing range, this isn't because they didn't have the knowledge of other companies, quite the opposite. Dermalogica know that other anti ageing products and 'miracle creams' don't work, they offer quick fix solutions to long term problems. When Dermalogica launch a new product you know



Preventative ageing products: The new approach to anti ageing. Think about ageing before you need to and you need never think about it again

that you can rely on it because it is founded upon, knowledge and scientific development from the International Dermal Institute whose main aim is the development of innovative and technologically advanced skin care.

This isn't just the latest 'fad' in anti ageing, this is a new approach, but an approach that works. If you're serious about anti ageing you need to start thinking about it now.

For personalised homecare and advice on how you can tackle ageing, whether it be prevention or quite simply, damage limitation, you can speak to your skin care therapist or a Dermalogica Skin Therapist.

Suzie Bell, Senses... skin care centre

See what you're missing at:  
[www.the-news.net](http://www.the-news.net)

## Top Tips for Anti Ageing

1. It's never too early to start thinking about it. A great time to start is mid to late 20's, before any serious skin ageing can take place.
2. Protect your skin from UVA and UVB rays. You must always wear sun protection. Defend your skin against daylight exposure which **will** accelerate the ageing of your skin.
3. Look for anti-oxidants in products that you buy. These include: white tea, magnesium ascorbyl phosphate (Vitamin C), liquorice and Vitamin E.

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# When it takes two, baby

Following news that Angelina Jolie gave birth to twins recently, we look at what she and partner Brad Pitt will be going through in the early days and ask the experts how they'll cope as they welcome the babies into their family.

Hollywood's golden couple, Angelina Jolie and Brad Pitt - already the parents of four children - are now celebrating the birth of twins.

Angelina, 33, gave birth to a boy, Knox Leon, and a girl, Vivienne Marcheline, by Caesarean in a hospital in the South of France last weekend. Brad, 44, was by Angelina's side.

The tiny pair - weighing around 5lb each - join Cambodian-born Maddox, aged six, Vietnamese-born Pax Thien, four, and Ethiopian-born Zahara, three, as well as the couple's biological daughter, two-year-old Shiloh.

The wealthy superstars undoubtedly have already experienced some of the highs, lows and demands of parenthood with their multicultural "rainbow" family. But having twins is a uniquely challenging - as well as joyful - experience according to childcare experts and other famous parents of twins.

TV presenter Alice Beer, mother of five-year-old twin girls Dora and Phoebe warns: "No matter how much money you can throw at it, those early months with twins are inevitably blooming hard work! So although having twins is incredible it's also non-stop and exhausting."

There are around 11,000 twin and multiple births each year in the UK and that average is set to rise as women delay parenthood until after 30 and are increasingly overweight - both factors which raise the likelihood of twins.

Alice, co-author with leading baby expert Gina Ford of the

book *A Contented House with Twins* [Ebury £9.99], admits: "Nothing quite prepares you for the reality of having twins."

"Those first weeks were quite a shock. I had a Caesarian like Angelina and so I was not only sore and fragile after having an operation but also having to cope with two babies instead of just one."

There have been reports the first photographs of the film star couple and their twins are going for £8 million - a fee they plan to donate to charity.

Alice, 43, says that she agreed to a Hello! exclusive, with the fee going to charity Tamba (the Twins and Multiple Births Association, [www.tamba.org.uk](http://www.tamba.org.uk)).

Alice jokes: "I'd advise Angelina not to rush to have those photos done. I must have been high on some kind of hormone when I agreed to it!"

"The twins were only about four months old when the magazine came and I was still finding it pretty stressful even to get myself organised enough to leave the house with the twins in tow, let alone getting them both looking perfect - at the same time - in their best outfits for photographs!"

She adds: "You can't anticipate how much of your life is

going to be stolen by these tiny babies. It's unbelievable."

"My husband Paul and I, who pre-twins were incredibly organised and punctual, found we always got everywhere two hours late - if at all."

And she has some advice for Brad and Angelina. "You need to be a team. That's the way Paul and I got through. He would hold one baby and walk around with her while I fed the other, or we would be cuddling them both together. With twins both of you always seem to have your hands full with one of them."

For Brad and Angelina there will have been the initial joy and relief at the birth of healthy babies - twins are more likely to be premature and Angelina's planned Caesarian was brought forward for "medical reasons".

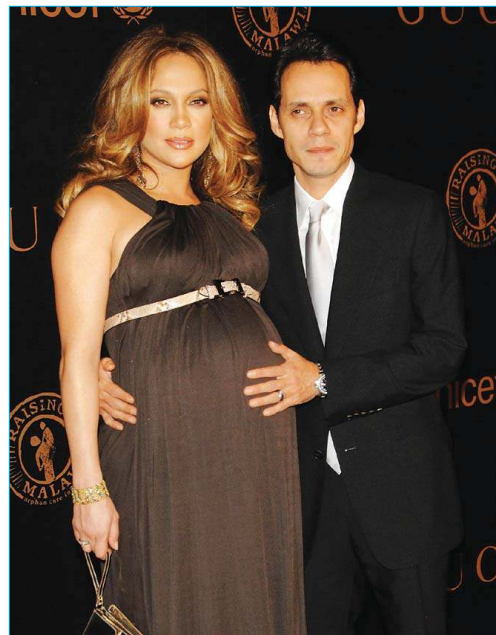
Twins are also statistically more likely to each have a lower birth weight and around 40% need specialist care after birth - a factor that may contribute to more post-natal depression amongst mothers of twins (around 30% according to research by Tamba).

GP Dr Carol Cooper, who is also a parent of twins and author of *Twins And Multiple Births* [Ebury £9.99], says the higher risk of post-natal depression is not surprising: "Think two babies crying at different times, waking at different times and wanting feeding at different times. Life can become just looking after the babies 24/7."

"Brad and Angelina are privileged and wealthy, but for ordinary couples there may be the added stress of affording two of



Julia Roberts



Jennifer Lopez and Marc Anthony arriving at 'A Night to Benefit Raising Malawi and UNICEF' at United Nations headquarters.

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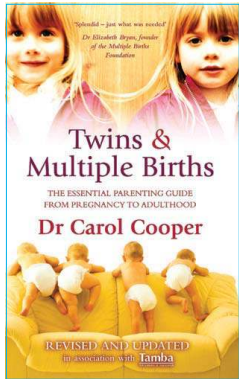
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## A Contented House with Twins



Gina Ford and Alice Beer

Britain's Bestselling Childcare Author



Alice Beer is co-author with leading baby expert Gina Ford of the book 'A Contented House with Twins', Published by Ebury, priced £9.99 (€12.65). Below: Twins And Multiple Births by GP Dr. Carol Cooper, who is also a parent of twins, published by Ebury priced £9.99 (€12.65).

everything, perhaps even having to get a larger car or house. It can all add to the strain."

Family and friends may under-

estimate the early challenge of twins, she adds.

"Naturally everyone is happy for you when you have a baby - and especially two which may be a novelty in the family. But if everyone around you keeps saying, 'You're so lucky! How marvellous! Twins!' it can heighten your feelings of inadequacy if you're actually not always feeling lucky but are anxious, worried you're not coping and feeling low following the births.

"Things that are straightforward with a single baby become difficult if not impossible with two. For instance, if you're holding two babies you have no hands free so you can't shut a door, make a snack or answer a phone - all possible when holding just one baby. It's helpful if family and close friends offer to do practical things for you to give you a break."

She points out that after the initial excitement by the couple's children over the new arrivals Brad and Angelina should be prepared for a few tears and tantrums particularly from Shiloh.

Dr Cooper had an son of two when her twins (now 21) were born. "In general, a child that age can find it hard to adjust to the arrival of one baby - let alone two. They feel jealous and pushed aside and once it dawns on them that the babies are not going to be sent back - young siblings often think this is an option in the early days! - they can be quite troublesome.

"It's all attention seeking and will usually settle quickly as long as the parents give the child separate attention to make them feel special, too."

Rumour has it that Brad and Angelina have already sought advice from other celebrity parents of twins particularly Julia Roberts and Danny Moder - who have a son and a daughter now three, Phinnaeus and Hazel.

Brad is said to have asked Julia (Brad's co-star in Ocean's 11) whether there were different rules for bringing up twins as opposed to single children, to

which she replied: "It's the same - only twice as hard!"

There's no shortage of other famous parents with twins for them to turn to. Jennifer Lopez had a boy and a girl in February, Desperate Housewives star Marcia Cross has one-year-old twins and there are a host of film star fathers of twins including Michael J Fox, Mel Gibson and Al Pacino.

Dr Cooper believes that one of the greatest pleasures as a parent of twins is seeing their youngsters' special bond.

"Twins are very special and anyone who has them is very fortunate. Seeing them interact with each other from their early days is amazing. They will reach out for one another and even before they can speak they laugh and chuckle and gurgle together which is adorable."

But she emphasises that it's vital to treat the babies - even from the earliest days - as two separate individuals.

"Avoid dressing them the same and always refer to them by their names instead of lumping them together as 'the twins.' This means that as they grow older they can develop their own personalities and function apart from one another."

Whatever their twins' personalities the Jolie-Pitts can look forward to high jinks in the nursery. Dr Cooper warns the couple will be in for double trouble as well as double joy.

"As twins are the same age they are also share the same developmental stages and so will want to do the same things at the same time - good as well as bad. You definitely need a sense of humour and eyes in the back of your head."

Alice Beer says her non-identical girls can occasionally be a handful: "You get a double dose of minxiness. No doubt about that. I found from the start my girls worked as a team. If they decided to do something and it was them against me, guess who won? Not me!"

"But their closeness is terrific."



Pregnant Angelina Jolie and Brad Pitt arriving for the screening of 'Changeling' during the 61st Cannes Film Festival in Cannes, France.

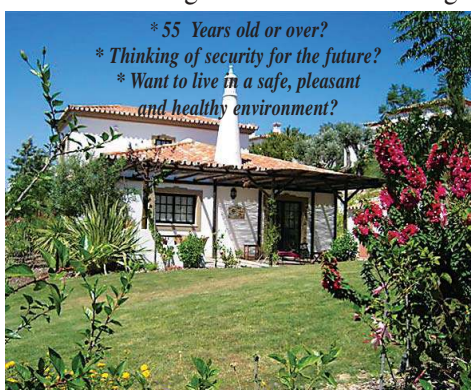
It can be great watching them playing together and walking hand-in-hand and Brad and

Angelina will have many lovely moments to look forward to." *Gabrielle Fagan*



"My husband and I, who, pre-twins, were incredibly organised and punctual, found we always got everywhere two hours late - if at all," says Alice Beer.

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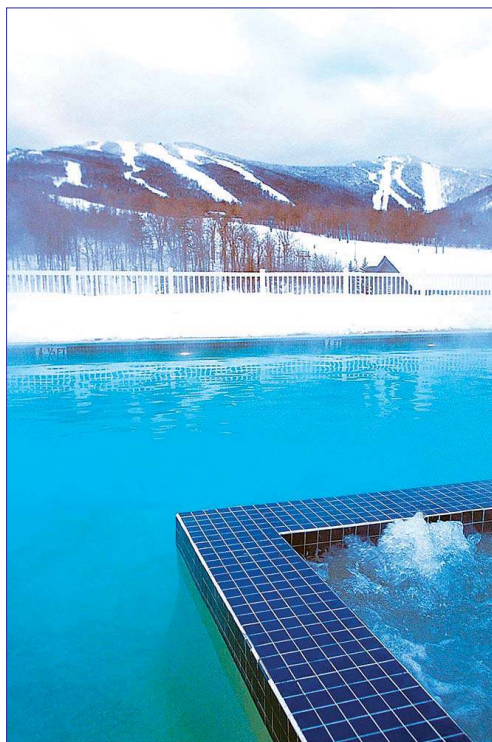
# Skiing the Eastern Seaboard

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plumbed for the closer, but less-fashionable East Coast for a chance to ski off excess pounds on the slopes and start the New Year on a distinctly healthy note. Perfect.

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My daughter opted for a hand treatment while I chose a relaxing back massage to break up the seven-and-a-half-hour flight into

Boston.

Emerging from the flight relaxed and rejuvenated, we negotiated our way out of the airport and through Boston's system of underpasses with relative ease, and after a leisurely two-hour drive through some of the picture postcard towns that make up New England, we arrived in the resort of Killington, Vermont. Perfect.

The hire car came with a SatNav, so no tense 'domestics' over map-reading skills and the children slept all the way in the car. Perfect again.

We had booked a family studio at the Killington Grand Resort, the only hotel with ski-in and ski-out access - a must with young children. Ski hotels, despite their rating, are notoriously below par. So I was sceptical about the five stars attached to

the Killington Grand. But I have to admit, this was a worthy exception. Not a frayed carpet or sofa in sight.

Instead huge, roaring log fires burned a welcome in reception areas day and night and squashy, leather settees enveloped muscles aching after a hard day on the slopes.

The hotel offered a range of accommodation options. The cheapest were standard hotel rooms, followed by apartment-style studios with pull-down and pull-out beds, a kitchen with fridge, cooker, dishwasher and microwave; junior suites with separate bedrooms and balcony and top of the range executive fire-place suites, with your very own log fire.

If rustling up breakfast seemed too much of a chore, you can do as we did and pop down to the

restaurant to dine on a hearty All-American start to the day, complete with pancakes and maple syrup. Evening meals were good value too, with steaks and prime rib for around \$12-16 (£8-10) and delicious desserts for \$4 (£3).

There was a Games Room to keep the children occupied apres ski and for the adults there was the ultimate treat, a Grand Spa. What better way to rejuvenate your body and soul than with a deep tissue massage or a relaxing aromatherapy facial? And to cap it all, we took the plunge each night in the outdoor pool and hot tubs. In temperatures of minus seven we swam in the moonlight in water of 100-degrees plus whilst our hair froze in tiny icy strands.

The skiing, too, surpassed our expectations. Unlike our recent experience of French ski schools, where up to 16 children battled for the instructor's attention and my daughter was 'forgotten' on a mountain - at Killington the rule is maximum four to a class.

Despite being peak season it meant some days that my eldest, a nervous beginner after her French experience, found herself with one-to-one instruction and by day six she was parallel-skiing down some challenging blue runs. Now that's what I call value for money - the cost of tuition is a little steep at \$100 (£64) a day, but then it is from 9am to 3.30pm with lunch and several hot chocolate stops included.

The instructors ranged from those barely out-of-college to kindly grandmothers well in their 70s. It meant my husband and I were free to ski safe in the knowledge the children were happy and in good hands, which left us to



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tackle the challenging double diamond runs that sprinkle this impressive range of seven mountain areas.

Just on cue, the weather had dumped 12ins of fresh snow just before we arrived so the conditions were... well, just about perfect. A paradise for powder hounds. Killington has the greatest variety and expanse of terrain in the east of America. From long-groomed trails and the gentle runs of the Ramshead region, to the steep, tree-lined, mogul slopes of Bear Mountain, there are trails for every level of skier.

But the last run of the day is only the beginning at Killington. You can indulge your craving for excitement off the slopes with a variety of events, activities, apres ski, dining and nightlife. There are horse-drawn sleigh rides, snowmobile tours, ice skating and rock climbing if you want a break from skiing. But personally, I'd recommend some serious retail therapy.

Manchester outlet mall is only an hour away as you head back to Boston and you can stock up on an array of designer bargains.

The extra bonus for us was the chance to enjoy New Year's Eve in an exciting winter wonderland, despite the fact that with the time difference we rarely saw the wrong side of 10pm in the early days of our stay.

But our hotel had grand plans and we felt it churlish to succumb to tiredness. Gamely we signed up for the Gala Ball in the very grand surroundings of the ballroom - a five-course affair with champagne and canapes and a live band for a very reasonable \$75 (about €48) per adult and children under 12 half price.

It felt strange ditching our usual ski holiday garb of jeans and jumper, to put on the glad rags. But we soon got into the party spirit and danced the night away with new-found friends.

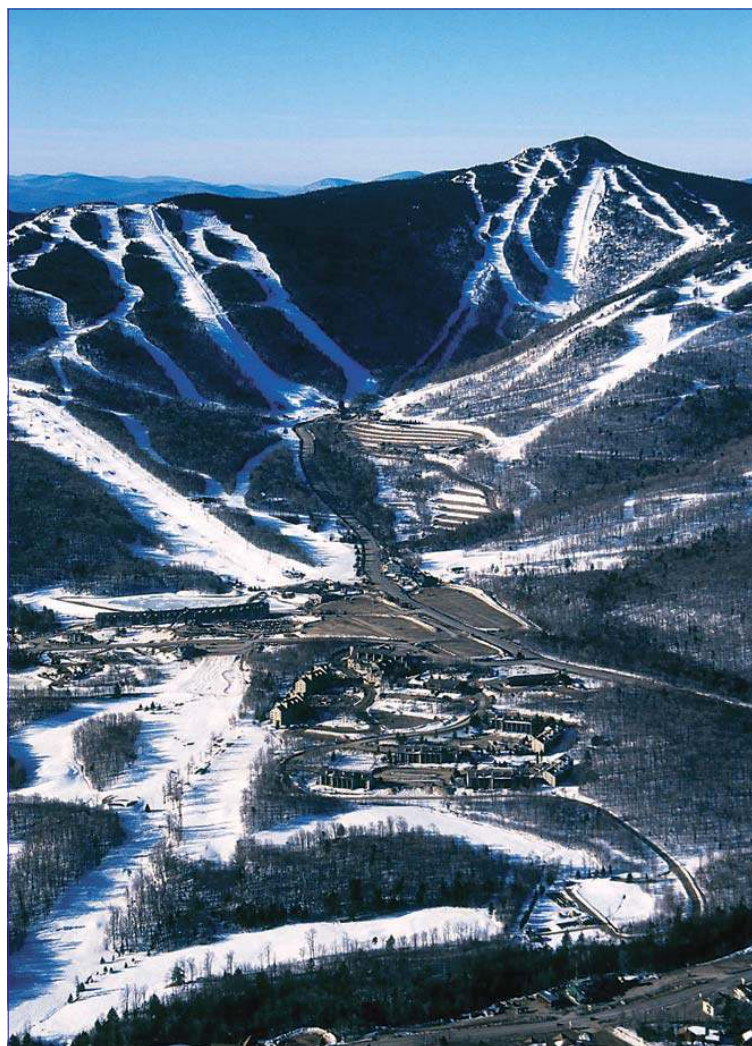
In America food is an all-con-

suming pastime and having sampled the fast food melee that is Florida, we were pleasantly surprised by the range and variety of good restaurants along Killington main street; everything from Japanese to steak houses, interspersed between bars, nightclubs and a wide range of shops and not a McDonald's or Burger King in sight.

#### TRAVEL FACTS

∴ Diane Rose travelled with Virgin Holidays, which offers seven nights' room-only at Killington Grand Resort Hotel in its Winter 2008/9 programme from £759 (€959), including Virgin flights into Boston ex Gatwick, car hire with SatNav and basic insurance. Price applies until January 30th 2009.

(You can upgrade to Upper Class which offers the biggest fully flat beds available, plus complimentary ground transfers, drive-through check-in, stylish Clubhouses, beauty therapy



Pictured above: A mountain top view of Killington, Vermont, USA; left: Snowmobile fun at Killington. Opposite page - top: Killington, Vermont at night; left: The pool area of the Killington Grand Resort Hotel, Killington, Vermont; bottom: You too could become a snowboarding ace at Killington. (All photos: PA)

treatments, Freedom Menu and in-flight amenity kit.)

Virgin Holidays reservations: tel. 0844 5573 862 or go to: [www.virginholidays.com](http://www.virginholidays.com)

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## LIVE CONCERTS

**José Cid** – August 10<sup>th</sup> at Albufeira Marina from 10pm. Call 289 599 500 for more information.



**Camané, David Fonseca and Mário Laginha (Algarve edition)** – August 14<sup>th</sup> at Hotel Almansôr in Carvoeiro, Lagoa. Tickets: €25. After party at Caneiros beach – entrance is free.



**Waterboys (Algarve)** – August 11<sup>th</sup> at Quarteira Rugby grounds. Tickets: €30.



**Lagos Jazz 2008** – from August 13<sup>th</sup> until 17<sup>th</sup> featuring workshops, and live music by: August 13<sup>th</sup>: New Orleans Jazz Band (city centre from 7pm); Lagos Jazz Orchestra and Luis Cunha. August 14<sup>th</sup>: Miguel Martins Kaleidóscópio. August 15<sup>th</sup>: Orsara, Lagos Jazz Summit. August 16<sup>th</sup>: New Orleans Jazz Band (Vila da Luuz from 7pm) and Mulgrew Miller Trio. August 17<sup>th</sup>: Finals concert by Jazz students. Concerts to be held daily at Lagos Cultural Centre from 10pm. Workshops at Lagos Cultural Centre from 2pm to 5pm.

For more information, visit [www.lagosjazz.com](http://www.lagosjazz.com) or call 919 950 921.

**Sons do Atlântico** – music of the world featuring: August 8<sup>th</sup>: Mayra Andrade and Zeca Medeiros. August 9<sup>th</sup>: Transglobal Underground. August 10<sup>th</sup>: Oi Va Voi and Diabo a Sete. Event at Senhora da Rocha in Lagoa. Doors open at 7pm, shows commence at 10pm. Tickets: €6.

**Algarve Beach Party** – Praia da Batata in Lagos on August 14<sup>th</sup> from 10pm featuring: Tiga; Peter Hook; Tocadisco; Rui Vargas; The Fox; No DJ's; Nuno Miguel; Junior Reid (Jamaica); Bandulu Dub; Julia Jah Soundystem and Bobo Figurante. Tickets: €20.

## LIVE MUSIC

**Glenfiddle** – This Irish band will be performing on August 9<sup>th</sup> at Jardim 5 de Outubro in Lagoa.

**INP.A.C.TO** – inauguration of a collective exhibition on August 16<sup>th</sup> at Versus Café in Loulé. Call 289 103 773.

**Voodoo Marmelade** – music from the 50's and 60's and even some 80's from 10pm at the Arena Lounge in Estoril until August 11<sup>th</sup>.

**Habacuque** – a 'covers' quartet from 10 at DuArte lounge at Estoril Casino. Entrance is free.

## MARKETS

**Saturday, August 9<sup>th</sup>** – Castro Marim

**Saturday, August 9<sup>th</sup>** – Cortelha

**Saturday, August 9<sup>th</sup>** – Loulé

**Sunday, August 10<sup>th</sup>** – Estói, Faro

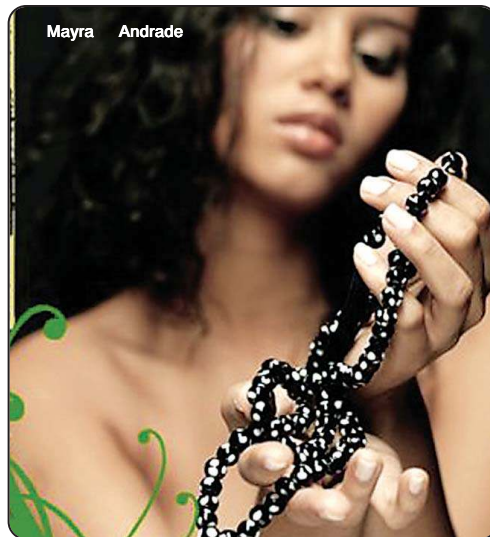
**Monday, August 11<sup>th</sup>** – Algoz

**Wednesday, August 13<sup>th</sup>** – Quarteira

**Thursday, August 14<sup>th</sup>** – Vaqueiros, in Alcoutim

**Friday, August 15<sup>th</sup>** – Guia

## MUSIC FESTIVALS



## JUST FOR FUN

**Castelo de Sonhos picnic** – For only €5 in aid of the charity in Silves, join the picnic in the park at Poço Barreto. The event will also feature live music and under 12 go free. Proceeds of the event will be donated to Castelo de Sonhos. For directions call 282 332 665.



## CARBOOT SALES

**Saturday, August 9<sup>th</sup>** – Vila Real de Santo António

**Sunday, August 10<sup>th</sup>** – Loulé

**Sunday, August 10<sup>th</sup>** – Almancil

## ON GOING EXHIBITIONS

## INAUGURATIONS

August 9<sup>th</sup> until further notice - Plenty of quality art at **Off The Wall** gallery in Ferragudo. Call 219 010 365 / 916 141 633.

August 9<sup>th</sup> until September 10<sup>th</sup> – Lab Series by **Jorge Bandeira** at São José Convent in Lagoa. Call 282 380 434.

August 10<sup>th</sup> until September 15<sup>th</sup> – **Jardim Azul** at Sala Polivalente at São José Convent in Lagoa. Call 282 380 434.

August 16<sup>th</sup> until September 16<sup>th</sup> – Collective exhibition in aid of Club Bus

charity at Versus Café in Loulé. Call 289 103 773.

## ALGARVE

Until August 10<sup>th</sup> – **World Press Photo** exhibition, at Portimão museum.

Until August 10<sup>th</sup> – **Algarve Artists Network** paintings by Jessica Dunn, Charlie Holt, Hilary Holt, Adérila Nada Mandelbaum, Brigitte Von Humboldt and Claudia Brito at Praça do Mar in Quarteira.

Until August 10<sup>th</sup> – sculptures in stone by **Raymond Dumas** and paintings by **John G** at Lagos Slave market.

Until August 17<sup>th</sup> – **Marine life** painted on tiles at Vila do Bispo Cultural centre.

Until August 26<sup>th</sup> – 'O Ser e o Tempo' by **Teresa Cena** and **Ricardo do Vale** at Escola das Artes in Lagoa.

Until August 31<sup>st</sup> – Paintings by **A Moura** in Pêra at Urbanização Barrocal, Lote 59. Call 968 729 083.

Until September 5<sup>th</sup> – Paintings by **José Mareiro** at EMARP in Portimão. Call 282 400 260.

Until September 15<sup>th</sup> – Contemporary plastic art by **João Pedro Vale** at Cerro da Vila museum in Vilamoura.

Until September 1<sup>st</sup> – **Butterfly** exhibition at Slave market in Lagos.

Until September 15<sup>th</sup> – Paintings by **Brian**

**Mehl** at Escola das Artes in Lagoa. Gallery open from 9am to 12.30pm and 2pm to 5.30pm, closed on Saturdays, Sundays and public holidays.

Until September 17<sup>th</sup> – **Miniature train** exhibition by ARCA at the Recreational Association and Culture of Amorosa in Messines. Entrance is free. Call 282 338 547.

Until September 30<sup>th</sup> – **Gerardo Burmester** at TREM gallery in Faro. Call 289 804 197.

**LISBON**  
Until August 30<sup>th</sup> – **Anna Taratiel** 'in between' exhibition at Zaum projects

Contemporary Art gallery in Lisbon. Call 913 176 005.

Until August 31<sup>st</sup> – 'A Arte da Terra' is featuring an exhibition on the cockerels of Barcelos gallery located on Rua de Augusto Rosa, nº 40. Call 212 745 975.

Until August 31<sup>st</sup> – **A Três Mãos** at Hotel Villa Albatroz in Cascais. Call 214 863 410.

Until September 7<sup>th</sup> – **Los Silencios de Colón** sculptures at Estoril Casino. Call 214 667 700.

Until September 28<sup>th</sup> – **José Saramago** and **Agostinho Santos** paintings and drawings at Museu Nacional da Imprensa in Lisbon, on Praça do Comércio in Lisbon.

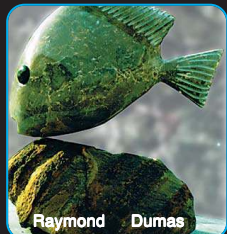
Entrance is free.

## OPORTO

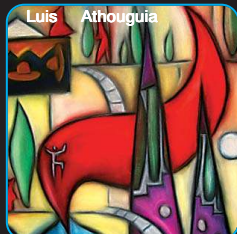
Until August 21<sup>st</sup> – 'Remix Onírico' by **Luis Athougula** at gallery Lucila Guimarães in Guimarães. Call 253 414 135.

Until October 12<sup>th</sup> – **David Goldblatt**, Intersections Intersected at Museu Serralves in Oporto. Call 226 156 500.

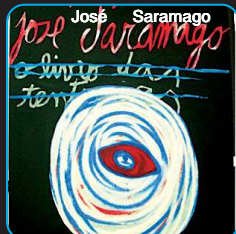
Until November 2<sup>nd</sup> – **Todas as Histórias** film exhibition at Museu Serralves in Oporto. Call 226 156 500.



Raymond Dumas



Luis Athougula



José Saramago



A Moura



Gerardo Burmester



Todas as Histórias

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events which are cancelled, delayed or fail to live up to their billing. Send us your events to [copy@the-news.net](mailto:copy@the-news.net) by Tuesday before publication.

## SHOWS

**Ivan, The Jester** – until the end of the month at Vilamoura Casino. Tickets: €27 (happy dinner); €40 (touristic dinner) or €14 show and drink.



**Mundo Latino** – until the end of the month at Hotel Algarve Casino in Praia da Rocha at Aladdin salon. Tickets: €27 (happy dinner); €40 (touristic dinner) or €10 show and drink.

**Jesus Christ Super Star** – at Portimão arena until August 31<sup>st</sup>. Tickets: €15 - €30. Subtitles in English.



## FAIRS & FESTIVITIES

**Silves Medieval festival** – yearly event taking place at Silves city centre from August 9<sup>th</sup> until 17<sup>th</sup>. Dress up and party like the medievals.

**Sardine festival** – August 8<sup>th</sup> until 17<sup>th</sup> at Portimão riverside featuring the much loved Portuguese traditional sardines. Live performances from: August 8<sup>th</sup>: La Fura Dels Baús. August 9<sup>th</sup>: Mickael Carreira. August 10<sup>th</sup>: Orishas. August 11<sup>th</sup>: Camané. August 12<sup>th</sup>: João Pedro Pais and Ricardo Azevedo. August 13<sup>th</sup>: Jorge Palma. August 14<sup>th</sup>: Da Weasel. August 15<sup>th</sup>: Mafalda Veiga. August 16<sup>th</sup>: Martinho da Vila. August 17<sup>th</sup>: Just Girls. Tickets: €3,50 (under 10's go free). Gates open daily at 6pm, concerts start at 10.30pm. There will also be a firework display at the end of each evening.

**Handicrafts & Book Fair** – From August 11<sup>th</sup> until 24<sup>th</sup> at Calçada de Quarteira.

**Book Fair** – Portuguese book fair at Portimão riverside until August 24<sup>th</sup>.

**Nautical Fair** – Sea food, cuisine tips and anything nautical until August 10<sup>th</sup> at Ria Formosa, Largo de São Francisco from 7pm.

**Handicrafts Fair** – From August 8<sup>th</sup> until 17<sup>th</sup> at Albufeira Marina. Call 289 514 282 or visit [www.marinadealbufeira.com.pt](http://www.marinadealbufeira.com.pt)

**Street Arts Festival** – August 11<sup>th</sup> to 15<sup>th</sup> at Monte Gordo. Call 281 510 001.

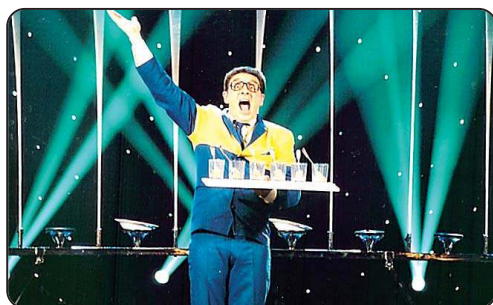
**Tapas Festival** – Running until August 10<sup>th</sup> at Vila Real Santo António. Call 281 510 001.



## CIRCUS

**Tabú 'Nofit State'** – Circus act from Britain at Belém Cultural Centre from August 8<sup>th</sup> until 31<sup>st</sup>. Tickets: €18 to €20.

**Spinning Plates** – juggling act by David Burler until August 15<sup>th</sup> at Estoril Casino. Entrance is free.



## Compete for the Cup

The International Algarve Fair will this September be launching a unique competition that is set to provide visitors and participants with endless hours of fun. During the two-day fair a maximum of 16 teams will be vying for the title of becoming the first Human Table Football champions of the Algarve. A side consists of five players, though substitutes are recommended as each team will play a minimum of three matches as they look to



qualify for the knock-out stages of the tournament. The cost of participating is €50 a team, with all proceeds being donated to the Lagoa Fire Department. Teams can represent companies, countries or merely be a group of friends. But as the number of teams are limited, interested parties are advised to contact Tommy Broad as soon as possible on tel: 282 380 317 or e-mail: [tommy@the-news.net](mailto:tommy@the-news.net) in order to have a shot at the inaugural International Algarve Cup.

## MUSIC EVENTS COMING

Your weekly guide to the best summer festivals coming your way...

### Music Festivals

#### AUGUST

**Surf Fest** – August 14<sup>th</sup> – 15<sup>th</sup> in Sagres. August 14<sup>th</sup>: Massive Attack; Morgan Heritage; ASA; Dub Pistols; Mani3stos. August 15<sup>th</sup>: Emir Kusturica & The No Smoking Orchestra; Groundation; Jahcoutix & Dubios Neighbourhood; José

Gonzalez; Triplet; Doces Cariocas. Tickets: €25 - €40.

**Noites Ritual Rock** – August 29<sup>th</sup> – 30<sup>th</sup> at Jardim do Palácio de Cristal in Oporto. August 29<sup>th</sup>: Sam The Kid; Tiago Bettencourt & Mantha; Micro Audio Waves. August 30<sup>th</sup>: Buraka Som Sistema;

Linda Martini; Rita Redshoes. Entrance is free.

#### SEPTEMBER

**Festa do Avante!** – September 5<sup>th</sup> – 7<sup>th</sup> at Seixal (Amora) Quinta da Atalaia. Acts yet TBA.

**Caos Emergente** – September 12<sup>th</sup> – 14<sup>th</sup> at Paredes (Recarei).

### Live Concerts

#### AUGUST

**Tiesto** – August 20<sup>th</sup> at Lagar's Summer Fest in Braga from 9pm. Tickets: €15 - €20.

**Rui Reininho** – August 23<sup>rd</sup> in Jardim do Alto in Loulé. Tickets: €20.

**Tribute to Zutos & Pontapés** – August 25<sup>th</sup> at Lisbon Casino from 10pm. Entrance is free.

**Mariza & Convidados (Allgarve)** – August 29<sup>th</sup> at Loulé, Vale do Lobo. Tickets: €30.

#### SEPTEMBER

**João Pedro Pais** – September 4<sup>th</sup> at Estoril Casino from 11.30pm. Entrance is free.

**Madonna** – September 14<sup>th</sup> at Lisbon elia Vista Park. Tickets: €60.

#### NOVEMBER

**Peter Murphy** – November 1<sup>st</sup> at Lisbon Coliseum and November 2<sup>nd</sup> at Oporto Coliseum.

**Fat Freddy's Drop** – November 7<sup>th</sup> at Cascais, Carcavelos at Quinta dos Lombos from 9pm. Tickets: €23.

#### DECEMBER

**Gogol Bordello** – December 10<sup>th</sup> at Lisbon Praça de Touros do Campo Pequeno.

**TICKETS** Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night. Websites: [www.pavilhaoatlantico.pt](http://www.pavilhaoatlantico.pt); [www.ticketline.pt](http://www.ticketline.pt) | Phone numbers: Ticketline 707 234 324

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20<sup>th</sup> & 21<sup>st</sup>  
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Fatacil, LAGOA  
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[algarvefair.com](http://algarvefair.com)

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News

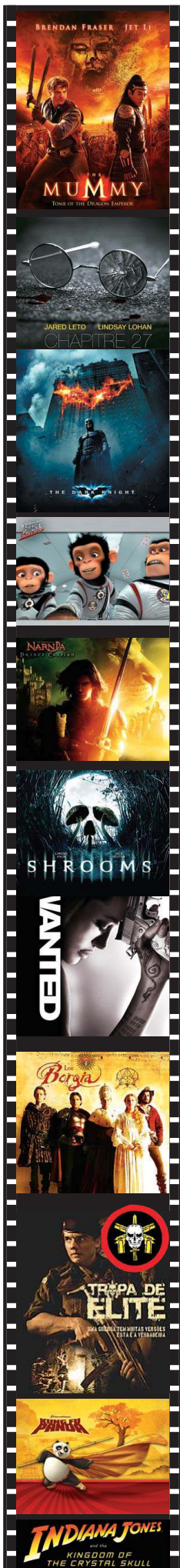
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## ALGARVE

**SBC**  
**FORUM ALGARVE**  
**TEL: 289 887 212**  
**7 AUG-13 AUG**

**1**  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley  
PV: (11.45 Sat & Sun) 17.55  
OV: 14.50-21.00

**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf  
00.00

**2**  
**Kung Fu Panda**  
Animation  
PV: (10.10-12.20 Sat & Sun) 21.10  
OV: 14.30-16.40-19.05

**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
23.20

**3**  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
(12.10 Sat & Sun) 14.35-17.00-  
19.25-21.50-00.15

**4**  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
13.45-16.20-18.50-21.20-00.15

**5**  
**Get Smart**  
Steve Carell, Anne Hathaway  
14.05-16.35-19.00-21.40-00.10

**6**  
**Hancock**  
Will Smith, Jason Bateman  
(12.10 Sat & Sun) 14.20-19.50-22.00  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
16.30

**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn - 00.25

**7**  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
(12.30 Sat & Sun) 15.50-19.10-22.30

**8**  
**Space Chimps**  
Animation  
(12.10 Sat & Sun) 14.10-17.15  
**Tropa de Elite**  
Wagner Moura, André Ramiro  
19.40-22.10-00.25

**9**  
**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf  
13.30-16.10  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger-18.55  
**Wanted**  
James McAvoy, Angelina Jolie  
22.20-00.45

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**7 AUG-13 AUG**

**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley  
15.00-18.00

**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
21.00-00.00

**CASTELLO LOPES CINEMAS**  
**ALGARVESHOPPING**  
**TEL: 707 220 220**  
**7 AUG-13 AUG**

**1**  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley  
12.55-15.45-18.35-21.25-00.15

**2**  
**Get Smart**  
Steve Carell, Anne Hathaway  
13.05-15.35-18.30-21.30-23.55

**3**  
**Wanted**  
James McAvoy, Angelina Jolie  
13.10-16.00-18.40-21.40-00.20

**4**  
**Kung Fu Panda**  
Animation PV  
13.00-15.05-17.10-19.15-21.20

**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
23.40

**5**  
**Hancock**  
Will Smith, Jason Bateman  
13.40-16.10-19.00-21.10-23.50

**6**  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
12.50-15.50-18.50-21.50

**7**  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
13.15-15.55-18.55-21.45-00.05

**8**  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
13.20-16.20-19.10-21.35-00.10

**9**  
**Space Chimps - Animation PV**  
13.30-15.25-17.25-19.20-21.15  
**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn - 23.30

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**7 AUG-13 AUG**

**1**  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
13.20-16.00-18.55-21.50-00.10

**2**  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
12.45-15.35-18.30-21.30-00.25

**3**  
**Kung Fu Panda - Animation PV**  
12.50-15.00-17.00-19.00  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley  
21.00-23.50

**4**  
**Space Chimps - Animation PV**  
13.00-15.10-17.10-19.10  
**Wanted**  
James McAvoy, Angelina Jolie  
21.10-00.20

**5**  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
13.40-16.10-18.40-21.20-00.00

**6**  
**Get Smart**  
Steve Carell, Anne Hathaway  
13.30-16.20-18.50-21.40-00.15

**7**  
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David Duchovny, Gillian Anderson  
13.15-15.55-18.55-21.45-00.05

**8**  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
13.40-16.10-18.40-21.20-00.00

**9**  
**Get Smart**  
Steve Carell, Anne Hathaway  
13.30-16.20-18.50-21.40-00.15

## CENTRE

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**7 AUG-13 AUG**

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley OV

**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn

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Christian Bale, Heath Ledger  
**Wanted**  
James McAvoy, Angelina Jolie

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Kung Fu Panda**  
Animation OV & PV

**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley OV & PV

**Hancock**  
Will Smith, Jason Bateman  
**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf

**Space Chimps - Animation OV & PV**  
**Tropa de Elite**  
Wagner Moura, André Ramiro

**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

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**Kung Fu Panda**  
Animation OV & PV  
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Wagner Moura, André Ramiro

**Hancock**  
Will Smith, Jason Bateman  
**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn

**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf

**Space Chimps**  
Animation PV  
**Sex and the City: The Movie**  
Sarah Jessica Parker, Kim Cattrall

**Space Chimps**  
Animation PV  
**Sex and the City: The Movie**  
Sarah Jessica Parker, Kim Cattrall

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

**Kung Fu Panda**  
Animation PV  
**I Served the King of England**  
Ivan Barnev, Oldrich Kaiser

**Space Chimps**  
Animation PV  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley

**Wanted**  
James McAvoy, Angelina Jolie

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

**Kung Fu Panda**  
Animation PV  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley

**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li

**Hancock**  
Will Smith, Jason Bateman  
**Wanted**  
James McAvoy, Angelina Jolie

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley OV & PV  
**Hancock**  
Will Smith, Jason Bateman

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

**Shrooms**  
Lindsay Haun, Jack Huston  
**Wanted**  
James McAvoy, Angelina Jolie  
**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn  
**Kung Fu Panda**  
Animation PV

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**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley OV

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Kung Fu Panda - Animation PV**  
**Get Smart**  
Steve Carell, Anne Hathaway

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**Space Chimps**  
Animation PV  
**Joy Division - Documentary**  
**Made of Honor**  
Patrick Dempsey, Michelle Monaghan

**Hancock**  
Will Smith, Jason Bateman  
**Chapter 27**  
Jared Leto, Lindsay Lohan

**Wanted**  
James McAvoy, Angelina Jolie  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn  
**I Served the King of England**  
Ivan Barnev, Oldrich Kaiser

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Sex and the City: The Movie**  
Sarah Jessica Parker, Kim Cattrall

**Kung Fu Panda**  
Animation OV & PV  
**The Chronicles of Narnia: Prince Caspian**  
Ben Barnes, William Moseley

**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

**Tropa de Elite**  
Wagner Moura, André Ramiro

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Kung Fu Panda**  
Animation Digital PV

**Space Chimps**  
Animation PV  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

**Wanted**  
James McAvoy, Angelina Jolie  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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David Duchovny, Gillian Anderson

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Christian Bale, Heath Ledger  
**Kung Fu Panda**  
Animation Digital PV

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Brendan Fraser, Jet Li  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley

**Wanted**  
James McAvoy, Angelina Jolie  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf  
**Sex and the City: The Movie**  
Sarah Jessica Parker, Kim Cattrall  
**Funny Games**  
Naomi Watts, Tim Roth  
**Space Chimps - Animation**  
**Hancock**  
Will Smith, Jason Bateman  
**Made of Honor**  
Patrick Dempsey, Michelle Monaghan

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David Duchovny, Gillian Anderson

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Brendan Fraser, Jet Li  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley

**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
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**Hancock**  
Will Smith, Jason Bateman

**Space Chimps - Animation PV**  
**Wanted**  
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Christian Bale, Heath Ledger

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Brendan Fraser, Jet Li

**Kung Fu Panda**  
Animation PV  
**Wanted**  
James McAvoy, Angelina Jolie

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**Kung Fu Panda**  
Animation Digital PV

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**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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James McAvoy, Angelina Jolie  
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**7 AUG-13 AUG**

**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**Kung Fu Panda**  
Animation Digital PV

**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley



OV = Original Version  
PV = Portuguese Version





Maxwell Smart (Steve Carell) is on a mission to thwart the latest plot for world domination by the evil crime syndicate known as KAOS. When the headquarters of U.S. spy agency Control is attacked and the identities of its agents compromised, the Chief (Alan Arkin) has no choice but to promote his ever-eager analyst Maxwell Smart, who has always dreamt of working in the field alongside stalwart superstar Agent 23 (Dwayne "The Rock" Johnson). Smart is partnered instead with the only other agent whose identity has not been compromised: the lovely-but-lethal veteran Agent 99 (Anne Hathaway). As Smart and 99 get closer to unravelling KAOS' master plan they discover that key KAOS operative Siegfried (Terrence Stamp) and his sidekick Shtarker are scheming to cash in with their network of terror. Given little field experience and even less time, Smart - armed with nothing but a few spy-tech gadgets and his unbridled enthusiasm - must defeat KAOS if he is to save the day.



*The X-Files: I Want To Believe* is a new motion picture based on the phenomenally popular, award-winning series *The X-Files*. Long-anticipated, the film reunites series stars David Duchovny and Gillian Anderson under the direction of series creator Chris Carter, who co-wrote the screenplay with Frank Spotnitz. Billy Connolly, Amanda Peet and rapper Xzibit co-star in the stand-alone sequel.

When a group of women are abducted in the wintry hills of rural Virginia, the only clues to their disappearance are the grotesque human remains that begin to turn up in snow banks along the highway. With officials desperate for any lead, a disgraced priest's (Billy Connolly) questionable visions send local police on a wild goose chase and straight to a bizarre secret medical experiment that may or may not be connected to the women's disappearance. It's a case right out of *The X-Files*. But the FBI closed down its investigations into the paranormal years ago. And the best team for the job is former agents Fox Mulder (David Duchovny) and Dr. Dana Scully (Gillian Anderson), who have no desire to revisit their dark past. Still, the truth of these horrific crimes is out there somewhere...and it will take Mulder and Scully to find it!

Unlike the first *The X-Files* motion picture, released in 1998, Carter and Spotnitz's story for *The X-Files: I Want To Believe* does not require audiences to understand the series' complex mythology that stretched across its nine seasons on the air. "The first movie was kind of an epic episode of the show, but *The X-Files: I Want To Believe* is a real, stand-alone movie," explains Chris Carter. "If the show hadn't existed, this is a story that still would have found its way to the big screen".



THE X FILES  
I WANT TO BELIEVE



## CELEB NEWS

*The Dark Knight* has shattered yet another U.S. box office record after passing the \$400 million mark in just 18 days. *Shrek 2* previously held the record by taking \$400 million in 43 days in 2004 - and now the *Batman Begins* sequel has hit the target in less than half the time. The action-packed superhero film is the eighth biggest film ever and is on course to steal the box office crown from *Titanic*, which made \$600 million at the U.S. box office. In its first 18 days, *Titanic* made \$160.5 million. **»»»» Morgan Freeman** has undergone surgery on his left arm and is expected to leave hospital later this week - just days after he was involved in a serious car crash. Freeman and a female passenger had to be cut free from the wreckage and airlifted to the Regional Medical Center (The Med) in Memphis, Tennessee last weekend, after the actor lost control of his vehicle on the highway near his home in Charleston, Mississippi. The 71-year-old suffered a broken arm and shoulder when he flipped his car over in the crash. And Freeman's publicist Donna Lee has confirmed *The Dark Knight* star is making progress and looking forward to returning home. In a statement, she says: "Morgan is doing well after his surgery last night to reconnect nerves and repair damage in his left arm and hand. The surgery last night lasted four and a half hours. He's visiting with family this morning. As of this morning he's up and walking around and looking forward to his release in a few days". Freeman was said to be "in good spirits" when he arrived at the hospital before his surgery took place. His passenger Demaris Meyer - whose relationship to Freeman is unknown - is reportedly suffering from minor injuries but is "in good condition". **»»»» Ben Stiller, Robert Downey Jr. and Jack Black** thrilled soldiers based at California's Camp Pendleton last weekend by flying in by helicopter to screen their new war comedy *Tropic Thunder*. The star trio greeted military members and posed for pictures before the screening of the movie. **Downey Jr.** left with a special souvenir - one fan swapped his sunglasses for the actor's porkpie hat. **»»»» Alicia Keys** and the *White Stripes'* **Jack White** will make movie history by recording the first Bond theme duet for new movie *Quantum Of Solace*. The odd couple will team up to perform *Another Way To Die* for the 22nd James Bond movie, which will hit cinemas in November. White wrote and produced the song, and will also play drums on the track, according to reports. Keys recently hinted at a *White Stripes* collaboration, revealing she'd love to work with White and his bandmate **Meg White** in a *Rolling Stone* magazine article. She said, "They're very raw, very cut and dry. It's, like, drums and guitar. It's that simple, and I love that. I think that combining that style with mine, which already has a raw feel to it, and my voice, I just think we could do something really interesting that mixes rock and soul together, the blues and emotion, and it could be really touching. We've had some conversations. When the time works out, and it definitely will, it will happen". **»»»» Robocop** is returning to the big screen - 15 years after the cyborg crimefighter handed over his badge and gun. Filmmaker **Darren Aronofsky** - famous for movies *Pi* and *Requiem for a Dream* - has signed on to direct the fourth installment of the franchise, reports *Daily Variety*. The movie, a 'noir' take on the story about a murdered cop who is brought back to life as a robot, is slated for a 2010 release. **»»»» Comedy duo Harold + Kumar** are returning for a third movie, after this year's sequel proved a box office hit. *Harold + Kumar Escape* from Guantanamo Bay made nearly \$40 million at the box office, off a budget of just \$12 million - prompting film bosses to quickly commission a second sequel. Actors **John Cho** and **Kal Penn** will reprise their roles as the marijuana-loving protagonists in the new movie. **»»»» Movie tough guy Harvey Keitel** has signed up to star in his first TV series after joining the cast of U.S. drama *Life On Mars*. The hit British show, which has been recast for American TV audiences, will also feature **Jason O'Mara** and *The Sopranos* star **Michael Imperioli**. The *Piano* star Keitel will play the leader of a no-nonsense homicide task force. The show revolves around O'Mara's cop character, who wakes up in the 1970s after he's knocked unconscious in a traffic accident. **»»»»**

## NORTH

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
**The Chronicles of Narnia: Prince Caspian OV & PV**  
Ben Barnes, William Moseley  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**Chapter 27**  
Jared Leto, Lindsay Lohan  
**Sex and the City: The Movie**  
Sarah Jessica Parker, Kim Cattrall  
**I Served the King of England**  
Ivan Barnev, Oldrich Kaiser  
**Made of Honor**  
Patrick Dempsey, Michelle Monaghan  
**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf  
**Kung Fu Panda**  
Animation OV & PV  
**Tropa de Elite**  
Wagner Moura, André Ramiro  
**Wanted**  
James McAvoy, Angelina Jolie  
**Hancock**  
Will Smith, Jason Bateman  
**Harold & Kumar: Escape from Guantanamo Bay**  
John Cho, Kal Penn  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Surveillance**  
Bill Pullman, Julia Ormond  
**Space Chimps** - Animation PV

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley  
**The Happening**  
Mark Wahlberg, Zoëy Deschanel  
**Space Chimps** - Animation PV  
**Kung Fu Panda**  
Animation OV & PV  
**Sex and the City: The Movie**  
Sarah Jessica Parker, Kim Cattrall  
**Hancock**  
Will Smith, Jason Bateman  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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**The X-Files: I Want to Believe**  
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**Hancock**  
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**Tropa de Elite**  
Wagner Moura, André Ramiro  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**Kung Fu Panda**  
Animation Digital PV  
**The Chronicles of Narnia: Prince Caspian PV**  
Ben Barnes, William Moseley  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Wanted**  
James McAvoy, Angelina Jolie

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**The X-Files: I Want to Believe**  
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**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**The Chronicles of Narnia: Prince Caspian OV & PV**  
Ben Barnes, William Moseley  
**Space Chimps** - Animation PV  
**Kung Fu Panda**  
Animation OV & PV

**Los Borgia**  
Lluís Homar, Sergio Peris-Mencheta  
**Made of Honor**  
Patrick Dempsey, Michelle Monaghan  
**Hancock**  
Will Smith, Jason Bateman  
**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf  
**The Flood**  
Richard Gere, Claire Danes  
**Tropa de Elite**  
Wagner Moura, André Ramiro

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**Get Smart**  
Steve Carell, Anne Hathaway  
**Hancock**  
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James McAvoy, Angelina Jolie  
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Ben Barnes, William Moseley  
**Kung Fu Panda**  
Animation Digital PV  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li

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**Get Smart**  
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**Wanted**  
James McAvoy, Angelina Jolie  
**Kung Fu Panda**  
Animation Digital PV  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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**The X-Files: I Want to Believe**  
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**Kung Fu Panda**  
Animation Digital PV  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Wanted**  
James McAvoy, Angelina Jolie

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**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
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Brendan Fraser, Jet Li  
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**Hancock**  
Will Smith, Jason Bateman  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley  
**Kung Fu Panda**  
Animation PV  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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**Get Smart**  
Steve Carell, Anne Hathaway  
**Space Chimps**  
Animation PV  
**Made of Honor**  
Patrick Dempsey, Michelle Monaghan

**Kung Fu Panda**  
Animation PV  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Hancock**  
Will Smith, Jason Bateman  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson  
**Space Chimps**  
Animation  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Wanted**  
James McAvoy, Angelina Jolie  
**The Flood**  
Richard Gere, Claire Danes  
**Kung Fu Panda**  
Animation PV  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger

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**Made of Honor**  
Patrick Dempsey, Michelle Monaghan  
**The Ugly Duckling and Me**  
Animation PV  
**Funny Games**  
Naomi Watts, Tim Roth  
**Speed Racer**  
Emile Hirsch, Christina Ricci

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**Get Smart**  
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David Duchovny, Gillian Anderson  
**Space Chimps**  
Animation  
**Hancock**  
Will Smith, Jason Bateman  
**The Mummy: Tomb of the Dragon Emperor**  
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**Kung Fu Panda**  
Animation Digital PV  
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Christian Bale, Heath Ledger  
**Tropa de Elite**  
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**The Chronicles of Narnia: Prince Caspian OV & PV**  
Ben Barnes, William Moseley

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Ben Barnes, William Moseley  
**Tropa de Elite**  
Wagner Moura, André Ramiro  
**Hancock**  
Will Smith, Jason Bateman

OV = English Version  
PV = Portuguese Version



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**Get Smart**  
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**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Kung Fu Panda**  
Animation PV  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**Wanted**  
James McAvoy, Angelina Jolie  
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Ben Barnes, William Moseley

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**Tropa de Elite**  
Wagner Moura, André Ramiro  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Wanted**  
James McAvoy, Angelina Jolie  
**The Chronicles of Narnia: Prince Caspian OV**  
Ben Barnes, William Moseley  
**Space Chimps**  
Animation PV  
**Kung Fu Panda**  
Animation OV & PV

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**The Chronicles of Narnia: Prince Caspian OV & PV**  
Ben Barnes, William Moseley  
**Indiana Jones and the Kingdom of the Crystal Skull**  
Harrison Ford, Shia LaBeouf  
**Kung Fu Panda**  
Animation OV & PV  
**The Mummy: Tomb of the Dragon Emperor**  
Brendan Fraser, Jet Li  
**Batman: The Dark Knight**  
Christian Bale, Heath Ledger  
**Wanted**  
James McAvoy, Angelina Jolie  
**Get Smart**  
Steve Carell, Anne Hathaway  
**The X-Files: I Want to Believe**  
David Duchovny, Gillian Anderson

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Wagner Moura, André Ramiro  
**Space Chimps**  
Animation PV  
**The Happening**  
Mark Wahlberg, Zoëy Deschanel  
**El Orfanato**  
Belén Rueda, Fernando Cayo





SAT

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9 AUG

## BBC1

- 6.00 Olympic Breakfast. Including the men's cycling road race. (T) 11.00 Olympics 2008. Including the opening swimming heats. (T) 4.30 Final Score. (T)
- 5.10 BBC News; Regional News; Weather. (T)
- 5.30 Olympics 2008: Games Today. Gabby Logan presents highlights of the opening day's events in Beijing, including swimming, cycling, rowing and equestrian. Digital viewers can access additional interactive highlights. (T)
- 6.30 My Family. Old friends of Susan and Ben's are having marital problems, prompting Susan to invite them round for dinner. However, the Harpers' own marriage is tested when they take sides. (R) (T)
- 7.00 Last Choir Standing. The first live studio show pits all six remaining choirs against each other for the public's votes. Nick Knowles and Mylene Klass present, with judges tenor Russell Watson, actress and singer Sharon D Clarke and conductor and musician Suzi Digby offering their expert advice. The results programme can be seen tomorrow at 6pm. (T)
- 8.00 The National Lottery: This Time Tomorrow. Tess Daly hosts the general knowledge quiz show in which 10 contestants vie for the chance to win a range of prizes. Whoever claims the top prize will jet off on the holiday of a lifetime to a city that has previously hosted the Olympic Games. Includes the Thunderball, Dream Number and Lotto draws, with guest Olympic gold medal-winning long jump champion Lynn Davies. (T)
- 8.50 Casualty. Part two of two. Marilyn bribes Zoe to lie on the stand with the offer of a new job, but before she can perjure herself the staff are called back to the hospital to deal with the victims from the quarry. Maggie's dedication impresses her colleagues as she realises the extent of Mina's suffering. Last in series. (T)
- 9.40 BBC News; Weather; (T) National Lottery Update. (T)
- 10.00FILM: The Matador (2005). Premiere. Dark comedy, starring Pierce Brosnan as a burnt-out assassin who strikes up an unlikely friendship with Greg Kinnear's troubled businessman. With Hope Davis. (T)
- 11.35FILM: Old School (2003). Comedy, starring Luke Wilson; (T) Weatherview. (T)
- 1.05 BBC News. (T) 2.00 Olympics 2008. Including the opening swimming finals. (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Watch My Chops. (R) (T) 7.15 Trollz. (R) (T) 7.35 Zombie Hotel. (R) (T) 8.00 Only in America. (R) (T) 8.30 The Secret Show; (R) (T) Bernard. (R) (T) 9.00 Help! Teach Is Coming to Stay. (T) 10.00 50/50. (R) (T) 10.30 The Slammer; (R) (T) Prank Patrol Pocketize. (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Eliot Kid. (R) (T) 11.45 Sportsround. (T) 12.00 BBC News; Weather. (T) 12.10 The Sky at Night. (R) (T) 12.30 Animal Park. (T) 1.00 Racing from Ascot and Haydock Park. Including the 3.30 Michael Page International Shergar Cup Challenge (Handicap) (1m16.41). (T) 4.30 Hardeep Singh at the National Eisteddfod. (T) 5.00 Flag It! (T) 5.30 Coast. (R) (T) 6.30 BBC Proms 2008. (T) 8.30 Dad's Army. Captain Mainwaring starts a recruitment campaign. (R) (T) 9.00 Have I Got Old News for You. Hosted by William Hague. (R) (T) 9.30 Mock the Week. Ed Byrne and Zoe Lyons join regular panellists Frankie Boyle, Hugh Dennis, Russell Howard and Andy Parsons in the topical comedy quiz show, hosted by Dara O'Briain. (R) (T) 10.00 Comics Britannia: BBC Four on BBC Two. Cartoon strips aimed at an adult audience. Last in series. (T) 11.00 Comedy Connections. The stories behind the comedy drama anthology Ripping Yarns. (R) (T) 11.40 FILM: A Simple Plan (1998). Psychological thriller, starring Bill Paxton. (T) 1.35 Arrested Development. (R) (T) 2.00 Arrested Development. (R) (T) 2.20 BBC News. (T)

## Pick of the Day

### Casualty (BBC1, 8.50pm)

Poor Maggie. She's been a loyal servant at Holby for many moons, so to now have to watch her being put through the mill by devious colleagues and an unsympathetic judge is almost too much for Casualty fans to cope with. Nevertheless, they've been well and truly hooked to the storyline for weeks — and now it seems the whole sorry affair is about to come to a close. Zoe has the evidence which could save Maggie's neck, but Marilyn stops her handing it to the court. Instead, she makes her an offer she can't refuse, but will it be enough to prevent the truth finally coming out? That would be telling, but as Susan Cookson, who plays Maggie, recently announced she was intending to leave Casualty, you can bet something momentous is about to happen. Perhaps it will concern the episode's other major storyline, in which a landslide at a quarry takes place. Snezana and Jeff hurry to the scene, but face a battle to save not only the workers, but themselves too. Sunetra Sarker, Susan Cookson, Caroline Langrishe and Ivana Basic star.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.55 T4: Transmission. (R) (T) 9.25 T4: Je Suis un Rock Star. (T) 10.00 T4: Big Brother. (R) (T) 11.00 T4: Big Brother. (R) (T) 11.30 T4: Friends. (R) (T) 12.00 T4: V Festival 2008: The Line-Up. (R) (T) 12.30 T4: Get Smart: T4 Movie Special. (T) 1.00 T4: Scrubs. Dr Cox discovers he is legally still married. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Newmarket and Redcar. Including the 3.15 skybet.com Sweet Solera Stakes (7f). (T) 4.00 A Place in the Sun. (R) (T) 4.35 Supernanny USA. (R) (T) 5.30 Gok's Fashion Fix. (R) (T) 6.30 Channel 4 News. (T) 7.00 The Great Wall of China. New archaeological finds and first-person accounts tell the story of the most ambitious building project ever attempted. More than 3,000 miles in length, the wall was built in just 20 years by a workforce of nearly 50,000 using technology and construction techniques that continue to inspire awe today. The creation of the engineering triumph is told through three individuals: an emperor whose kingdom is pushed to the brink of destruction, a military hero and a soldier forced to work in harsh conditions. (R) (T) 9.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 10.00 FILM: Save the Last Dance (2000). A troubled teenager in mourning for her mother finds her grief relieved through dance. Romantic drama, starring Julia Stiles, Sean Patrick Thomas and Kerry Washington. (T) 12.10 AMC: Live from Abbey Road. (T) 1.10 Big Brother Live. 4.20 St Elsewhere. (R) (T) 5.10 Salvage Squad. (R) (T)

## FIVE

6.00 Sunrise. 7.00 Milkshake!: Harry and His Bucket Full of Dinosaurs. (R) (T) 7.15 Little Princess. (R) (T) 7.35 Franny's Feet. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.05 The Save-Ums! (R) (T) 8.20 Miss Spider's Sunny Patch Friends. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 The Mr Men Show. (R) (T) 9.10 Rupert Bear. (R) (T) 9.20 Animal Families. (R) (T) 9.30 The Secret of Eel Island. (R) (T) 9.50 Mio Mao. (R) (T) 10.00 Britain's Strongest Man. (R) (T) 11.00 Warship. (R) (T) 12.00 FILM: The Crocodile Hunter: Collision Course (2002). Comedy adventure, starring Steve Irwin. (T) 1.50 FILM: The Cincinnati Kid (1965). Gambling drama, starring Steve McQueen. (R) (T) 3.45 Superstars. (R) (T) 4.45 live news and sport. (T) 5.00 Football on five. Manchester City v AC Milan (Kick-off 5.15pm). (T) 7.15 Cricket on five. England v South Africa. Mark Nicholas presents action from the third day of the Fourth and final Test of the series at The Oval. (T) 8.00 NCIS. A missing Navy lieutenant's car is found covered in blood. (R) (T) 8.55 NCIS. A Russian man becomes the prime suspect when a petty officer is found dead, only to receive protection from the Department of Homeland Security, who reveal he is one of their spies. (R) (T) 9.50 CSI: Crime Scene Investigation. Grissom investigates when a human head is found. (R) (T) 10.50 Law & Order: Criminal Intent. (R) (T) 11.50 Women Who Kill. (R) (T) 12.00 Quiz Call. 4.30 Lemur Island. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

- 5.00 CITV: Jim Jam & Sunny. (T) 5.10 Jim Jam & Sunny. (T) 5.20 Jim Jam & Sunny. (T) 5.35 Jim Jam & Sunny. (T) 5.45 Jim Jam & Sunny. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Captain Mack. (T) 9.55 Captain Mack. (T) 10.10 Supernormal. (R) (T) 10.25 Drake & Josh. (R) (T) 10.55 Finger Tips. (R) (T) 11.15 Coronation Street. (T) 1.30 ITV News and Weather. (T) 1.40 London Today; Weather. (T) 1.45 FILM: Chaplin (1992). Biopic, starring Robert Downey Jr. (R) 4.20 London Tonight; Weather. (T) 4.35 ITV News and Weather. (T) 4.50 FILM: The Mummy (1999). Adventure, starring Brendan Fraser. (T)
- 7.00 Who Dares Sings! The karaoke challenge reaches the final stage as Denise Van Outen and Ben Shephard introduce the lucky contestants who will be belting out a pop classic in the hope of pocketing a cash prize. Their efforts will be judged by a purpose-built piece of software capable of detecting which singer comes closest to hitting all the right notes. Last in series. (T)
- 8.00 Foyle's War. A local woman is killed when an experiment in biological warfare goes awry. Sam also falls victim to a potentially fatal illness as a result of the project. Foyle is forced to head into the most secretive — and dangerous — areas of wartime research, unearthing secrets that can't be revealed even to the prime minister. Michael Kitchen stars, with Honestyuckle Weeks and Philip Franks. (R) (T)
- 10.00 FILM: Something's Gotta Give (2003). An ageing womaniser is shocked to find himself drawn to his girlfriend's mother. Romantic comedy, starring Jack Nicholson and Diane Keaton. Continues after ITV News and Weather. (T)
- 11.00 ITV News and Weather; Weather. (T) 11.20 FILM: Something's Gotta Give (2003). Concluded. (T)
- 12.40 Bingo Night Live. 1.45 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.40 FILM: Married to the Mob (1988). Comic gangster movie. Michelle Pfeiffer stars. (T) 4.35 ITV Nightscreen.

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

## LOCAL

## Best of the Rest

### RTP1

0630 Childrens TV 0655 Brinca Comigo 0800 Bom dia Portugal 1100 Mudar de Vida 1130 A Ilha Prodígios 1230 Contra 1300 News 1415 Top + 1545 Dança Comigo 1700 Capas Negras, film 2000 News 2115 Football: Sporting V Sampdoria 0500 Top + 0615 Euro News

### RTP2

0700 Euronews 0730 África 7 Dias 0800 Universidade Aberta 1000 A Alma e A Gente 1030 Próxima Paragem 1115 Encontros Imediatos 1145 Bastidores 1215 Reclame 1300 Tokio Hotel Live 1400 Parlamento 1500 Sport 2 1730 Zig Zag 1900 Kaboom 2030 Arte & emoção 2100 Diga lá Excelência 2145 A Hora da Sorte 2200 News 2240 Nos Passos de Magalhães 2300 Um Rio, film 0115 A Alma e a Gente 0145 Sport 0545 Sinc

### RTP3

0600 Disney 0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Our World 1300 News 2000 News 2230 Desejo Proibido 2300 Duas Caras 0030 CSI Miami 0400 Edward Scissor Hands, film TVI 0700 Children TV 0930 Smackdown Wrestling 1100 Delux 1215 Operação Portugal 1300 Jornal da Uma 1400 Heroes 1600 Thunderbirds 1800 Americas Sweetheart, film 2000 News 2030 Football: Benfica V Feyenoord 2230 Deixa-me Amar 0000 Tough Decision, film 0330 Confidences Trop Intimes, film

### BBC3

7.00 Greek 7.45 Top Gear 8.50 Film: Chicken Run U (2000) 10.10 Family Guy 10.35 Family Guy 10.55 Two Pints of Lager and a Packet of Crisps 11.25 Two Pints of Lager and a Packet of Crisps 11.55 Britain's Missing Top Model 12.55 When Beauty Goes Wrong 11.55 Touch Me, I'm Karen Taylor 2.25 Two Pints of Lager and a Packet of Crisps 2.55 Two Pints of Lager and a Packet of Crisps 3.25 Britain's Missing Top Model 4.20 Touch Me, I'm Karen Taylor 4.50 Close

### BBC4

7.00 Sport Stories 8.00 Sleepers 9.30 Return to Lonesome Dove 11.00 Return to Lonesome Dove 12.30 The Worlds of Fantasy 1.30 The Worlds of Fantasy 2.30 The Worlds of Fantasy 3.30 Sport Stories 4.30 Close

### ITV2

1.25 Holiday Airport 2.30 Nanny 911 3.20 All Star Family Fortunes 4.05 You Don't Mess with the Zohan 4.40 Kids Do the Funniest Things 5.40 America's Got Talent 7.00 Nine Homes from Hell 8.00 The Xtra Factor: One Year On 9.00 Film: Throw Momma from the Train 15 (1987) 10.50 The Hoosiers: The Hotdesk 11.00 Film: The Sixth Sense 15 (1999) 1.10 The Xtra Factor: One Year On 2.10 America's Got Talent 3.20 Mr & Mrs 4.20 Pushing Daisies 5.10 You Don't Mess with the Zohan 5.35 Good Girls: Gone Bad Sky One 1.00 Don't Forget the Lyrics 2.00 Don't Forget the Lyrics 3.00 Don't Forget the Lyrics 4.00 Malcolm in the Middle 4.40 Malcolm in the Middle 5.00 Malcolm in the Middle 5.30 Malcolm in the Middle 6.30 Malcolm in the Middle 7.00 Gladiators 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Street Wars 12.00 Inside: Alaska's Toughest Prison 1.00 Road Wars 1.50 The Wheel 2.40 Mile High 3.30 Caribbean Uncovered 4.20 Road Wars 5.10 Guilty! UKTV Gold 1.00 Victoria Wood as Seen on TV 1.40 The Two Ronnies Sketchbook 2.20 The Two Ronnies Sketchbook 3.00 Victoria Wood as Seen on TV 3.40 The Two Ronnies Sketchbook 4.20 The Two Ronnies Sketchbook 5.00 Victoria Wood as Seen on TV 5.40 The Two Ronnies Sketchbook 6.20 The Two Ronnies Sketchbook 7.00 Victoria Wood as Seen on TV 7.40 The Two Ronnies Sketchbook 8.20 The Two Ronnies Sketchbook 9.00 Little Britain 9.40 The Catherine Tate Show 10.20 A Bit of Fry and Laurie 11.00 French and Saunders 11.40 Little Britain 12.20 The Catherine Tate Show 1.00 A Bit of Fry and Laurie 1.40 French and Saunders 2.15 Murder, She Wrote 3.05 Doctor Who 3.50 Close Up 4.00 Close Up 4.10 Hamish Macbeth 5.00 Close Up 5.10 Dallas TCM 1.00 Bachelor in Paradise PG (1961) 3.00 In the Good Old Summer Time U (1949) 5.15 The Ice Pirates PG (1984) 7.00 Two Weeks in Another Town PG (1962) 9.00 The Exorcist 18 (1973) 11.15 Brewster McCloud 15 (1970) 1.10 The Strawberry Statement 15 (1970) 3.05 Mr Ricco 15 (1975) 5.00 Postman's Knock U (1962) The Disney Channel Kids' programmes from 7am, except: 6.00 Film: Go Figure U (2005) Teen movie, starring Jordan Hinson.

### in the Middle

7.00 Gladiators 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Street Wars 12.00 Inside: Alaska's Toughest Prison 1.00 Road Wars 1.50 The Wheel 2.40 Mile High 3.30 Caribbean Uncovered 4.20 Road Wars 5.10 Guilty! UKTV Gold 1.00 Victoria Wood as Seen on TV 1.40 The Two Ronnies Sketchbook 2.20 The Two Ronnies Sketchbook 3.00 Victoria Wood as Seen on TV 3.40 The Two Ronnies Sketchbook 4.20 The Two Ronnies Sketchbook 5.00 Victoria Wood as Seen on TV 5.40 The Two Ronnies Sketchbook 6.20 The Two Ronnies Sketchbook 7.00 Victoria Wood as Seen on TV 7.40 The Two Ronnies Sketchbook 8.20 The Two Ronnies Sketchbook 9.00 Little Britain 9.40 The Catherine Tate Show 10.20 A Bit of Fry and Laurie 11.00 French and Saunders 11.40 Little Britain 12.20 The Catherine Tate Show 1.00 A Bit of Fry and Laurie 1.40 French and Saunders 2.15 Murder, She Wrote 3.05 Doctor Who 3.50 Close Up 4.00 Close Up 4.10 Hamish Macbeth 5.00 Close Up 5.10 Dallas TCM 1.00 Bachelor in Paradise PG (1961) 3.00 In the Good Old Summer Time U (1949) 5.15 The Ice Pirates PG (1984) 7.00 Two Weeks in Another Town PG (1962) 9.00 The Exorcist 18 (1973) 11.15 Brewster McCloud 15 (1970) 1.10 The Strawberry Statement 15 (1970) 3.05 Mr Ricco 15 (1975) 5.00 Postman's Knock U (1962) The Disney Channel Kids' programmes from 7am, except: 6.00 Film: Go Figure U (2005) Teen movie, starring Jordan Hinson.

## Sky Movies Drama

7.05 Undercover Angel PG (1998) 8.40 Blessings PG (2003) 10.15 The Top 10 Show 10.30 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) 12.20 Columbo: No Time to Die 15 (1992) With Peter Falk. 1.55 Mrs Harris 15 (2005) With Annette Bening 3.35 School Ties PG (1992) With Chris O'Donnell. 5.25 Drama Close Up 5.55 Eight Below PG (2005) With Paul Walker. 8.00 Zodiac 15 (2007) With Jake Gyllenhaal. 10.40 Summer of Sam 18 (1999) With Mira Sorvino. 1.05 Lies on a Scandal 15 (2006) With Judi Dench. 2.40 Disclosure 18 (1994) With Michael Douglas. 4.50 Loss of Faith PG (1997)

## Sky Movies Comedy

6.45 George and the Dragon PG (2006) 8.20 Milk 15 (1998) 10.00 Just My Luck PG (2006) 11.45 Billy Madison PG (1995) With Adam Sandler. 1.15 Big Daddy 12 (1999) With Adam Sandler. 2.50 Let's Go to Prison (2006) With Dak Sheppard. 4.25 Just My Luck PG (2006) With Lindsay Lohan. 6.10 The Break-Up 15 (2006) With Jennifer Aniston. 8.00 Big Daddy 12 (1999) With Adam Sandler. 9.45 You Don't Mess with the Zohan Special 10.00 Billy Madison PG (1995) With Adam Sandler. 11.35 Let's Go to Prison (2006) With Dak Sheppard. 1.10 Chubby Goes Down Under 18 (1998) With Roy 'Chubby' Brown. 2.40 The Break-Up 15 (2006) With Jennifer Aniston. 4.30 George and the Dragon PG (2004)

### Sky Movies Action

6.25 The River Wild 12 (1994) 8.25 Torture Curtain 15 (1966) 10.45 Conspiracy Theory 15 (1997) 1.10 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 2.55 Torn Curtain 15 (1966) With Paul Newman. 5.15 Rocky IV PG (1985) With Sylvester Stallone. 7.00 The River Wild 12 (1994) With Meryl Streep. 9.00 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 10.45 Smokin' Aces 18 (2006) With Jeremy Piven. 12.50 Mute Witness 18 (1995) With Marina Suda. 2.40 Resurrection Man 18 (1997) With Stuart Townsend. 4.30 Rocky IV PG (1985)

### Sky Movies Action

6.25 The River Wild 12 (1994) 8.25 Torture Curtain 15 (1966) 10.45 Conspiracy Theory 15 (1997) 1.10 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 2.55 Torn Curtain 15 (1966) With Paul Newman. 5.15 Rocky IV PG (1985) With Sylvester Stallone. 7.00 The River Wild 12 (1994) With Meryl Streep. 9.00 Nowhere to Run 15 (1993) With Jean-Claude Van Damme. 10.45 Smokin' Aces 18 (2006) With Jeremy Piven. 12.50 Mute Witness 18 (1995) With Marina Suda. 2.40 Resurrection Man 18 (1997) With Stuart Townsend. 4.30 Rocky IV PG (1985)

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## SPORT

### Sky Sports 1

6.00 Aerobics Oz Style 6.30 FIFA Futbol Mundial 7.00 Premier League Years 9.00 Cricket AM 10.30 Live Test Cricket. England v South Africa. 7.00 Live USPGA Championship Golf. The third day of the final Major of the season. 12.00 Football 2.00 Premier League Years 4.00 FIFA Futbol Mundial 4.30 Motor Racing 5.00 Race World

### Sky Sports 2

6.00 World Sport 6.30 Live Rugby Union. Bay of Plenty v Counties Manukau (Kick-off 6.30am). 8.30 Live Rugby Union. Hawke's Bay v Northland (Kick-off 8.35am). 10.30 Max Power 11.30 Racing News 12.00 Soccer Saturday 12.30 Live Football League. Birmingham City v Sheffield United (Kick-off 12.45pm). 3.00 Soccer Saturday 5.30 Live Football. Arsenal v Sevilla (Kick-off 6.00pm). 8.00 Live Football. Ajax v Inter Milan (Kick-off 8.15pm). 10.30 Football League 12.00 FIFA Futbol Mundial 12.30 SuperLeague 2.30 Football League 4.00 Max Power 5.00 World Sport 5.30 FIFA Futbol Mundial

### Sky Sports 3

6.00 Sports Unlimited 7.00 Football 9.00 WWE: Smackdown 11.00 WWE: Bottom Line 12.00 NFL: Total Access 1.00 World Sport 1.30 Live International Rugby Union. South Africa v Argentina (Kick-off 2.00pm). 4.00 Live USPGA Championship Golf. The third day of the final Major of the season. Continued on Sky Sports 1. 7.00 Live Super League. St Helens v Warrington Wolves (Kick-off 7.00pm). 9.00 Test Cricket 11.00 Extreme Championship

### Wrestling 12.00 WWE: Late Night - Smackdown 2.00 WWE: Late Night - Bottom Line 3.00 Test Cricket 5.00 Sports Unlimited

### British Eurosport

5.00 Live Olympic Artistic Gymnastics. The men's individual apparatus qualifying session. 7.00 Olympic News Nihao 7.15 Live Olympic Cycling. The men's road race. 8.00 Olympic News Nihao 8.15 Live Olympic Cycling. The men's road race. 10.15 Live Olympic Rowing. The men's qualifying heats. 11.30 Live Olympic Swimming. The opening men's and women's qualifying heats. 2.30 Live Olympic Artistic Gymnastics. The men's individual apparatus qualifying session. 3.00 Live Olympic Volleyball. Japan v USA. 4.00 Mission to Beijing Live 4.15 Live Olympic Volleyball. Japan v USA. 5.00 Olympic Swimming 6.30 Beijing Express 7.30 Mission to Beijing 7.45 Olympic Swimming 9.15 Olympic Artistic Gymnastics 10.00 Beijing Express 11.00 Olympic Cycling 12.15 Olympic Artistic Gymnastics 1.45 Olympic Swimming 3.00 Live Olympic Swimming. The first finals from Beijing. 4.45 Olympic News Nihao

### Sky Sports Xtra

6.00 Race World 7.00 Tight Lines 8.00 USPGA Championship Golf 11.00 NFL: America's Game 12.00 USPGA Championship Golf 3.00 Max Power 4.00 NFL: Total Access 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Rugby Union 11.00 World Sport 11.30 Live Indy Racing League. The Meijer Indy 300. 1.30 NFL: Total Access 2.30 Sports Unlimited 3.30 Football 5.30 Pipeline Adventures

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10 AUG

## BBC1

6.00 Olympic Breakfast. Including the women's cycling road race. Continues on BBC2. (T) 11.00 Countryfile. (T) 12.00 BBC News. (T) 12.05 Diagnosis Murder. (R) (T) 1.30 EastEnders. (T) 3.55 'Allo 'Allo! (R) (T) 4.25 Keeping Up Appearances. (R) (T) 4.55 Songs of Praise. (T)

5.30 Last of the Summer Wine. Howard uses a mobile phone to contact like-minded animal watchers, but quickly realises the noisy gadget isn't ideally suited to the hobby. Sitcom, starring Robert Fyfe. (T) Last Choir Standing. Four of the six remaining choirs proceed to the next round, and the other two face a sing-off to decide which of them is worthy of a place in the following week's knockout show. (T)

6.30 BBC News; Regional News; Weather. (T) 7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights of the day's events at the Olympic Games in Beijing, including the first swimming finals, the women's hockey pool fixture between Germany and Great Britain, the remaining rowing heats and the women's cycling road race. Digital viewers can access additional interactive highlights. (T)

8.00 Jimmy and the Wild Honey Hunters. In Nepal, an ancient tribe of bee keepers have preserved a tradition of scaling a sheer cliff face literally swarming with approximately two million giant killer bees to obtain a rare type of honey. Amateur naturalist and frequent James Oliver collaborator Jimmy Doherty risks life and limb to join these "honey hunters" on their dangerous - but delicious - mission, as he travels the world to get a better understanding of the massive variety of flavours, and comes to appreciate honey like others love fine wine. (T)

9.00 Britain from Above. New documentary series in which Andrew Marr journeys across the country, revealing the habits, rhythms and secrets of British life, visible only from a bird's-eye view. In this first edition, the broadcaster takes note of how the supply-and-demand culture of modern Britain expresses itself on the landscape through all the invisible networks that keep the population warm, fed and watered. (T)

10.00 BBC News; Weather. (T) 10.20 FILM: Crimson Tide (1995). Thriller, starring Gene Hackman as a US submarine captain who clashes with first mate Denzel Washington over what action to take after a Russian nuclear base falls into rebel hands; (T) Weatherview. (T)

12.15 BBC News. (T) 12.50 Olympics 2008. Live equestrian, swimming and hockey coverage. (T)



## BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.25 Tikkabilla; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.25 Watch My Chops. (R) (T) 7.35 The Batman; (R) (T) Prank Patrol Pocketsize. (R) (T) 8.00 Best of Friends. (R) (T) 8.30 Raven: The Secret Temple. (R) (T) 9.00 Smart. (T) 10.00 Animal Park. (R) (T) 11.00 Olympics 2008. Including live swimming and women's hockey. (T) 5.30 An Otter in the Family. (R) (T) 6.00 Earth: The Power of the Planet. (R) (T) 7.00 Dragons' Den. More hopefuls pitch to the panel, with innovations including a high-wire adventure park, eco-friendly computers and a device to prevent diesel cars from being filled with petrol. (R) (T) 8.00 Top Gear. Racing-flavoured highlights from the 10th series, including a showdown between an RAF jet and Bugatti Veyron. Jennifer Saunders and James Blunt are Stars in Reasonably Priced Cars. (R) (T) 9.00 Long Way Round. Ewan McGregor and Charley Boorman leave Siberia for Alaska. (T) 10.00 Britain from Above. New companion series examining the history of Britain's landscape. (T) 10.30 The John Akii-Bua Story: An African Tragedy. (T) 12.00 FILM: Day of the Dead (1985). Horror, starring Lori Cardille. (T) 1.40 Sign Zone: Lost Land of the Jaguar. (R) (T) 2.40 Sign Zone: Holby City. (R) (T) 3.40 Sign Zone: Celebrity MasterChef. (R) (T) 4.40 The Super League Show. (T) 5.40 BBC News 24.

## Pick of the Day

### Celebrity Wife Swap (Channel 4, 8.00pm)

Wine and food critic Jilly Goodlen has been happily married to Paul, a government manager for 23 years, a few years longer than Cynthia and soul superstar Alexander O'Neal, who married almost two decades ago. However, now these ladies are about to spend a few days sampling each other's lifestyles and, as you might imagine, the results make for compelling TV. In case you're thinking 'Alexander who?' he became an Eighties superstar thanks to the hits Fake and Criticize. Discovered by Prince, he was the only performer to sell out six consecutive nights at Wembley arena. Cynthia is an ex-choreographer dedicated to looking after his every need. Alas, Alex has been known to throw tantrums if things don't go his way, so how will Jilly, one of the nation's most eccentric personalities, cope with his strops? After all, she and hubby Paul are used to a more conservative life in a sleepy rural part of Sussex. Will life with Alexander be a bed of roses, or will she spend the duration whining?

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 The British Formula 3 International Series. (T) 8.25 British Triathlon Grand Prix. (T) 8.55 T4: The Mummy 3: T4 Movie Special. (R) (T) 9.20 T4: Hollyoaks. (T) 11.50 T4: Big Brother's Little Brother. (T) 12.55 T4: Friends. (R) (T) 1.25 T4: TBA Live: The Streets. (T) 2.00 T4: Friends. (R) (T) 2.35 T4: TBA Live: McFly. (T) 3.05 T4: TBA Live: N.E.R.D. (T) 3.45 T4: The Simpsons. (R) (T) 4.15 T4: The Simpsons. (R) (T) 4.45 Scrapheap Challenge. (T) 5.45 Scrapheap Challenge. (T) 6.45 Channel 4 News. (T) 7.00 Make Me a Christian. New series. A group of volunteers are encouraged to live as Christians. (T) 8.00 Celebrity Wife Swap. New series. Alexander O'Neal's wife Cynthia trades places with wine critic Jilly Goodlen. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Kill It, Skin It. Wear It. With around 400 designers incorporating fur into their catalogues, Merrieles Parker attempts to clear the fashion industry's conscience by discovering an ethical way to source it. (T) 11.05 The Charlotte Church Show. (R) (T) 11.55 Back to You. An anchor from a rival network asks Kelly out. (T) 12.25 Coming Up: Brussels. (R) (T) 12.55 Big Brother Live. 4.40 Red Bull Air Race 2008. (R) (T)

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## FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Sotties. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jam. (T) 6.30 Elmo's World. (R) (T) 6.50 Harry and His Bucket Full of Dinosaurs. (R) (T) 7.00 Little Princess. (R) (T) 7.15 Franny's Feet. (R) (T) 7.30 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.50 The Save-Ums! (R) (T) 8.05 Miss Spider's Sunny Patch Friends. (R) (T) 8.25 The Mr Men Show. (R) (T) 8.40 The Mr Men Show. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 Animal Families. (R) (T) 9.30 George Shrinks. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 Monster Moves. (R) (T) 12.00 Big, Bigger, Biggest. (R) (T) 1.00 Fifth Gear Shortcuts. (T) 1.10 FILM: Dying to Belong (1997). College drama, with Hilary Swank. (T) 3.00 FILM: Multiplicity (1996). Comedy, starring Michael Keaton. (T) 5.05 FILM: The Princess Bride (1987). Fairy-tale spoof, starring Cary Elwes. (T) 7.00 five news and sport. (T) 7.15 Cricket on five. England v South Africa. Mark Nicholas presents action from the fourth day of the Fourth and final Test of the series at The Oval. (T) 8.00 FILM: You've Got Mail (1998). Bookshop owner Meg Ryan and executive Tom Hanks fall in love anonymously over the Internet, little realising they are business rivals. Warm romantic comedy, with Greg Kinnear. (T) 10.20 FILM: The Juror (1996). A mobster vows to murder the son of a single mother if she cannot convince her fellow jurors of his boss's innocence. Psychological thriller, starring Demi Moore and Alec Baldwin. (T) 12.35 Major League Baseball. Chicago Cubs v St Louis Cardinals. 4.20 Ironman Triathlon. 5.10 Everybody Hates Chris. (R) (T) 5.35 Everybody Hates Chris. (R) (T)

## ITV1

5.00 CITV: Jim Jam & Sunny. (T) 5.10 Jim Jam & Sunny. (T) 5.25 Jim Jam & Sunny. (T) 5.35 Jim Jam & Sunny. (T) 5.45 Jim Jam & Sunny. (T) 6.00 GMTV. (T) 9.25 The Championship. (T) 10.25 CITV: Captain Mack. (R) (T) 10.40 Horrid Henry. (R) (T) 10.55 Finger Tips. (R) (T) 11.15 Art Attack. (R) (T) 11.40 Drake & Josh. (R) (T) 12.10 Tricky Trackers. (R) (T) 12.15 The Planet's Funniest Animals. (T) 12.45 ITV News and Weather. (T) 12.55 London Today; Weather. (T) 1.00 FILM: Tobruk (1967). World War Two adventure, starring Rock Hudson. (T) 2.55 FILM: Carry On Cruising (1962). Comedy, starring Sid James. (T) 4.25 The Unforgettable Sid James. (R) (T)

5.00 London Tonight; Weather. (T) 5.15 ITV News and Weather. (T) 5.30 The Way We Were. Looking at the world of work, including a visit to Harlow's biscuit factory in the 1950s and Bedford's brick-works. Plus, the singing window cleaner of the 1960s. (T)

6.00 Community Shield Highlights. Manchester United v Portsmouth.

7.00 Heartbeat. Investigations into the identity of the victim of a car crash uncovers connections to violent criminals, and leads to worries about his intended business in Aidsfield. Not realising their true value, Peggy tries to offload some goats when she finds them too difficult to milk. Oscar takes on the surveillance of a woman whose husband suspects she is having an affair, leaving Dawn and Bernie in charge of the bar. Mark Moraghan and Adam Christopher guest. (T)

8.00 Midsomer Murders. Barnaby and Jones investigate when the body of a mother is pulled from the river during the local Oak Apple carnival. Closer inspection suggests the drowning was deliberate - and as the detectives find out more about the villagers, they learn the killing could be linked to the death of the victim's daughter eight years previously. John Nettles and Jason Hughes play the intrepid policemen. (R) (T)

10.00 ITV News and Weather; Weather. (T) 10.15 TV's Naughtiest Blunders. Neil Morrissey narrates another batch of uncensored slip-ups, featuring presentations Phillip Schofield, Fern Britton, Cat Deeley, Melanie Sykes and Yvette Fielding, actors Martin Clunes, Peter Davison and Dennis Waterman, the cast of Fat Friends and veteran entertainer Rod Hull. (R) (T)

11.15 A Match Made in Heaven. Tim has a second date lined up with Annemarie. (T)

11.45 Vicars' Wives. Debbie embarks on a canoeing trip and does her best to stay afloat, while Nickie, now in her 60s, buys her first property. Narrated by Hannah Scott-Joynt. (R) (T) 12.15 Quincy ME. (R) (T) 1.05 60 Minute Makeover; (R) (T) ITV News Headlines. 1.55 Vanessa's Real Lives. (R) (T) 2.45 Moving Day. (R) (T) 3.10 Moving Day. (R) (T) 3.35 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Brinca Comigo 0900 Eucarista Dominical 1000 Especial Dia da Criança 1300 News 1415 Especial dia da Criança 1645 Batman and Robin, film 1915 Vila Faia 2000 News 2100 As Escolhas de Marcelo Rebelo de Sousa 2245 Aliev VS Predator, film 0400 Sexta À Noite 0605 Nôs  
**RTP2**  
0700 Euronews 0730 África Global 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôs 1045 Da Terra Ao Mar 1115 Consigo 1200 Vida por Vida 1230 Zig Zag 1445 A Voz do Cidadão 1500 Sport 1900 Encontros Imediatos 1930 A Alma e a Gente 2000 Próxima Paragem 2030 Bombardeio 2100 Desafio Verde 2200 News 2230 Câma Clara 0050 Onida Curta 0115 Sport 0515 Euronews  
**SIC**  
0645 Sic Kids 0830 Disney Kids 1030 Chiquititas 1200 Life in Cold Blood 1300 News 1415 Fame 1515 O Melhor do Mundo 1800 Film TBA 2000 News 2145 O Melhor do Mundo 2315 Drive In. film 0015 Aquí não há Quem Viva 0115 A Lei do Mais Forte 0215 A Vedeta 0245 Quando o Telefone Toca 0445 Amazônia  
**TVI**  
0645 Children's TV 1000 Missa 1300 News 1400 Young Hercules, film 1600 Basilic, film 1800 Behind Enemies Lines, film 2000 News 2030 Football: FC Porto 2230 Casos da 0000 Fast and Furious, film 0300 Sempre a Sonhar 0400 Eureka 0500 Teleales

## Best of the Rest

**BBC3**  
7.00 The Real Hustle Las Vegas 7.30 FILM: Lara Croft: Tomb Raider 12 (2001) 9.00 Spooks: Code 9.50 Spooks: Code 9.10.40 Family Guy 11.05 Family Guy 11.25 Touch Me, I'm Karen Taylor 11.55 I'm Kylie's Body Double 12.55 I'm Kylie's Body 9.14.50 Spooks: Code 9.23.00 Touch Me, I'm Karen Taylor 3.00 I'm Kylie's Body Double 4.00 The Real Hustle Las Vegas 4.30 Close  
**BBC4**  
7.00 Coal House 7.30 BBC Proms 2008 9.00 The Frost Report Is Back! 11.00 Legends: Marty Feldman - Six Degrees of Separation 12.00 Glastonbury 2008 1.00 Born to Be Wild 1.30 Legends: Marty Feldman - Six Degrees of Separation 2.30 BBC Proms 2008 4.00 Close  
**ITV2**  
2.15 The World's Got Talent 3.15 The Xtra Factor: One Year On 4.15 Coronation Street 6.40 America's Got Talent 8.00 The Xtra Factor: One Year On 9.00 Film: The Sixth Sense 15 (1999) 11.10 Film: Silver 18 (1993) 1.10 Secret Diary of a Call Girl 1.15 Secret Diary of a Call Girl 2.00 Teleshopping  
**Sky One**  
1.00 Futurama 1.30 Futurama 2.00 The Championship Gaming Series 3.00 The Dog Whisperer 4.00 Futurama 4.30 Futurama 5.00 Futurama 5.30 The Simpsons 6.00 The Simpsons 6.30 The Simpsons 7.00 Gladiators 8.00 The Simpsons 8.30 The Simpsons

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

9.00 Film: Trading Places 15 (1983) 11.15 Gladiators 12.15 Road Wars 1.15 Road Wars 1.25 The Villa 2.30 Mile High 3.45 Caribbean Uncovered 4.20 Road Wars 5.10 Guilty!  
**UKTV Gold**  
1.00 The Two Ronnies Sketchbook 1.40 The Two Ronnies Sketchbook 2.20 Victoria Wood as Seen on TV 3.20 The Two Ronnies Sketchbook 4.00 The Two Ronnies Sketchbook 4.45 The Two Ronnies Sketchbook 5.20 The Two Ronnies Sketchbook 6.05 The Two Ronnies Sketchbook 6.40 Victoria Wood as Seen on TV 7.35 The Two Ronnies Sketchbook 8.20 The Two Ronnies Sketchbook 9.00 Jonathan Creek 10.20 Film: Six Days, Seven Nights 12 (1998) 12.15 Jonathan Creek 1.35 Doctor Who 2.25 Doctor Who 3.15 Doctor Who 4.00 The Blue Planet 4.45 Dallas 5.35 Neighbours  
**TCM**  
1.00 Ada PG (1961) 3.00 An American in Paris U (1951) 5.05 Made in Paris PG (1966) 7.00 Travels with My Aunt PG (1972) 9.00 Ordinary People 15 (1980) 11.20 Victor/Victoria 12 (1982) 2.10 The Appointment 12 (1969) 4.05 All About Betty: The Life and Films of Betty Davis 5.00 Father's Little Divine U (1951)  
**The Disney Channel**  
Kids' programmes from 7am, except U (2003) Sporting drama, starring Richard T. Jones.

### Sky Movies Drama

6.30 Simon Birch PG (1998) 8.25 Sybil 12 (2007) 10.00 Dreamgirls 12 (2006) 12.15 La Bamba 15 (1987) With Lou Diamond Phillips. 2.15 Love Thy Neighbor PG (2006) With Alexandra Paul. 3.50 Rest in Peace, Mrs Columbo PG (1990) With Peter Falk. 5.30 Drama Close Up 6.00 Patch Adams 12 (1998) With Robin Williams. 8.00 Dreamgirls 12 (2006) With Jamie Foxx. 10.15 Perfume: The Story of a Murderer 15 (2006) With Ben Whishaw. 12.45 Billy Bathgate 15 (1991) With Dustin Hoffman. 2.35 The Young Americans 18 (1993) With Harvey Keitel. 4.20 A Father's Son PG (1999)

### Sky Movies Comedy

6.05 Failure to Launch 12 (2006) 7.50 35MM 8.20 Grease PG (1978) 10.15 Grease 2 PG (1982) 12.15 Click 12 (2006) With Adam Sandler. 2.05 The Waterboy 12 (1998) With Adam Sandler. 3.45 Grease 2 PG (1982) With Michelle Pfeiffer. 5.45 Grease PG (1978) With John Travolta. 7.45 You Don't Mess with the Zohan Special 8.00 Click 12 (2006) With Adam Sandler. 10.00 The Waterboy 12 (1998) With Adam Sandler. 11.40

Failure to Launch 12 (2006) With Matthew McConaughey. 1.20 Raising Arizona 15 (1987) With Nicolas Cage. 3.00 Night Shift 15 (1982) With Michael Keaton. 4.50 Let's Make Love U (1960)

### Sky Movies Action

6.10 David Duchovny Q&A 6.40 The Ice Harvest 15 (2005) 8.25 Dukes of Hazzard: The Beginning 15 (2007) 10.15 Blood Diamond 15 (2006) 12.45 Mission: Impossible III 12 (2006) With Tom Cruise. 3.05 The Ice Harvest 15 (2005) With John Cusack. 4.45 35MM 5.15 Rocky V PG (1990) With Sylvester Stallone. 7.10 16 Blocks 12 (2006) With Bruce Willis. 9.00 Mission: Impossible III 12 (2006) With Tom Cruise. 11.10 Lock, Stock and Two Smoking Barrels 18 (1998) With Nick Moran. 1.05 You Don't Mess with the Zohan Special 1.25 To Live and Die in LA 18 (1985) With Willem Dafoe. 3.30 Rocky V



PG (1990) 5.30 35MM

## SPORT

### Sky Sports 1

6.00 Football League 7.30 Football 9.30 The Sunday Supplement 10.30 Live Test Cricket. England v South Africa. 7.00 Live USPGA Championship Golf. The fourth day of the final Major of the season. 12.00 Test Cricket 2.00 Football League 3.30 Where Are They Now? 4.00 Test Cricket

### Sky Sports 2

6.00 Aerobics Oz Style 6.30 World Sport 7.00 Premier League Years 9.00 Where Are They Now? 9.30 Sailing 10.00 World Sport 10.30 Goals on Sunday 12.00 The Sunday Supplement 1.00 Live Football League. Nottingham Forest v Reading (Kick-off 1.15pm). 3.30 FIFA Futbol Mundial 4.00 Live USPGA Championship Golf. The fourth day of the final Major of the season. 7.00 Football League 8.30 Test Cricket 10.30 Football League 12.00 Premier League Years 2.00 Sailing 2.30 Surfing 3.00 Close

### Sky Sports 3

6.00 Rugby Union 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Sailing 11.30 Racing News 12.00 USPGA Championship Golf 3.00 Polo 4.00 WWE: Experience 5.00 Indy Racing League 7.00 Live NASCAR: The Centurian Bats at the Glen. 10.30 WWE: Late Night - Afterburn 11.30 WWE Vintage Collection 12.30 NFL: America's Game 1.30 NASCAR 4.00 Close

### British Eurosport

5.00 Olympic Artistic Gymnastics 6.15 Olympic News Nihao 6.30 Live Olympic Artistic Gymnastics. The women's individual apparatus qualifying session. 8.00 Olympic News Nihao 8.15 Live Olympic Rowing. The men's qualifying heats. 9.30 Live Olympic Cycling. The women's road race from China. 10.15 Live Olympic Rowing. The men's and women's qualifying heats. 11.00 Olympic Swimming. The latest men's and women's qualifying heats. 2.30 Olympic Diving 3.15 Live Olympic Basketball. USA v China. 4.00 Mission to Beijing Live 4.15 Live Olympic Basketball. USA v China. 5.00 Olympic Weightlifting 5.30 Olympic Artistic Gymnastics 6.30 Beijing Express 7.30 Mission to Beijing 7.45 Olympic Swimming 9.00 Olympic Diving 10.00 Beijing Express 11.00 Olympic Artistic Gymnastics 12.00 Olympic Cycling 1.00 Olympic Swimming 3.00 Live Olympic Swimming. Coverage of four finals from Beijing.

### Sky Sports Xtra

6.00 Test Cricket 8.00 USPGA Championship Golf 11.00 Indy Racing League 1.00 NFL: America's Game 2.00 Beach Volleyball 3.00 Beach Volleyball 4.00 Sailing 4.30 Wild Spirits 5.00 NFL: America's Game 6.00 Beach Volleyball 7.00 Beach Volleyball 8.00 Clipper Around The World Yacht Race 8.30 Wild Spirits 9.00 Where Are They Now? 9.30 Sailing 10.00 Polo 11.00 Rally Fever 12.00 Beach Volleyball 1.00 Beach Volleyball 2.00 Polo 3.00 Close

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## BBC1

6.00 Olympic Breakfast. Including the men's 10m synchronised platform diving final. (T) 9.00 Olympics 2008. Live swimming, archery, rowing, canoe-kayak slalom and sailing. Continues on BBC2. (T) 12.00 BBC News: Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Live swimming, boxing and tennis. Continues on BBC2. (T)

5.15 Weakest Link. General knowledge quiz, with Anne Robinson, as members of the public try to outdo each other to win a cash prize. (R) (T)

6.00 BBC News: Weather. (T)  
6.30 Regional News Programmes: Weather. (T)  
7.00 Olympics 2008: Games Today. Gabby Logan reviews the day's action in Beijing, featuring swimming finals, rowing repechage races, hockey, diving, equestrian cross-country and boxing preliminaries. Digital viewers can access additional interactive highlights; (T) BBC News: Regional News. (T)

8.00 EastEnders. Dot is in a fluster over visiting Jim on his birthday, but unknown to her Bradley has gone to fetch him, and the rest of the family have arranged a surprise party back at the house. Max is unwilling to get involved in the celebrations and is eagerly awaiting Tanya's return. Bianca has to put Ricky straight. (T)

8.30 Panorama. Bill Bryson presents a personal and passionate account of the problem of littering in the UK. The travel writer and president of the Campaign to Protect Rural England endeavours to shame Britons into cleaning up the country in an exploration of public attitudes towards the environment. (T)

9.00 New Tricks. The team investigate the death of a man originally thought to have been killed by his hypnotised wife. Brian confronts the magician named in a tip-off and becomes embroiled in a battle of wits, while Gerry, sceptical of the phenomenon, agrees to be put under the spell of an expert at the Magic Circle - with unappealing results. Sam Kelly and Kevin Eldon guest star. (T)

10.00 BBC News. (T)  
10.25 Regional News: Weather. (T)  
10.35 River Police. When CCTV captures images of a bundle being thrown off Blackfriars Bridge into the Thames late at night, the specialist dive team is called out to investigate. Last in series. (T)

11.05 FILM: The Last Shot (2004). Crime comedy starring Matthew Broderick; (T) Weatherwise. (T)

12.40 BBC News. (T) 1.20 Olympics 2008. Day four gets under way with hockey, swimming and artistic gymnastics. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) 7.45 Sesame Tree. (R) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 Dennis the Menace. (R) (T) 8.35 Freefonix. (R) (T) 9.00 Raven; (R) (T) The Owl. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Cash in the Attic. (R) (T) 11.15 Bargain Hunt. (R) (T) 12.00 Olympics 2008. Live swimming heats from Beijing. Continues on BBC1. (T) 12.45 Double Agents. (T) 1.15 Diagnosis Murder. (R) (T) 2.00 Murder, She Wrote. (R) (T) 2.45 Flog It! (T) 3.15 CBeebies: Finley the Fire Engine. (R) (T) 3.25 CBBC: Time Warp Trio. (R) (T) 3.50 Skunk Ful (R) (T) Thumb Wrestling Federation: TVF. (R) (T) 4.05 Roar. (R) (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (R) (T) 7.00 Return to the Cruise. New series. Retrospective on the Nineties documentary. (T) 7.30 Return to the Cruise. The crew continue to reminisce. (T) 8.00 University Challenge. The University of Exeter takes on Pembroke College, Oxford. (T) 8.30 Chinese Food Made Easy. Recipes inspired by the imperial cuisine of ancient China. Last in series. (T) 9.00 Dragons' Den. An innovation for men's underwear. (T) 10.00 Would I Lie to You? Eamonn Holmes and Hugh Dennis guest. (R) (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Ian Rankin's Hidden Edinburgh: BBC Four on Two. (T) 12.20 Ellery Queen. (R) (T) 1.10 Sign Zone: Olympic Dreams. (R) (T) 1.55 Sign Zone: House of Saddam. (R) (T) 2.55 Sign Zone: Dr Alice Roberts: Don't Die Young. (R) (T) 3.25 Sign Zone: Dr Alice Roberts: Don't Die Young. (R) (T) 3.55 BBC News. (T)

## Pick of the Day

### Chinese Food Made Easy (BBC2, 8.30pm)

For many people, popping down to the Chinese takeaway is an once-every-so-often treat that they dare not make a regular habit. This is mainly due to its cost, and the fact the cuisine isn't exactly considered healthy. But now, with the help of chef and TV presenter Ching-He Huang, fans of chop suey, satay and the ever-popular sweet and sour chicken might finally be able to tuck into their favourite dishes guilt free. Ching is on a mission to bring simple and healthy Chinese dishes to the UK, which her lucky friends and family will no doubt enjoy putting to the taste test. In this final episode, she reveals how to fill the bellies of hungry children with two quick and easy recipes made from readily available ingredients. She then goes on to visit one of the country's leading Chinese vegetable-growers in East Anglia to prepare sweet and tangy chilli beef with pak choy. Later, she enlists the help of a friend to prepare a healthy banquet, including lionhead meatballs, mo shu chicken and dragon prawn noodles. Ching then faces the ultimate challenge when her extended family pay a surprise visit to put her dishes to the test.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: Big Brother's Diary Room Uncut. (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Desperate Housewives. (R) (T) 1.50 Desperate Housewives. (R) (T) 2.45 Countdown. (R) (T) 3.30 A Place by the Sea. (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright New Wonders. Showcasing new creative talent. 8.00 The Genius of Charles Darwin. Richard Dawkins considers the ethical implications of Darwinism, which forced society to question whether human morals are merely a veneer. (T) 9.00 Kevin McClood and the Big Town Plan. New series. Following an innovative regeneration scheme in Castleford, Yorkshire, as architects and designers work with local people to improve the former mining town. (T) 10.00 Big Brother. Highlights from the housemates' past 24 hours inside the Big Brother compound. (T) 11.05 Tonightly. (T) 11.40 Coming Up: Lickie Bill Um. (T) 12.15 The Shooting Party. (R) (T) 12.45 4Music: Vintage V. 12.50 Big Brother Live. 4.20 St Elsewhere. (R) (T) 5.10 Richard & Judy. (R)

## FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Mio Mao. (R) (T) 8.05 Fifi and the Flowerbots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Vets in Action. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (T) 3.15 FILM: Robinson Crusoe (1996). Adaptation of the classic drama, starring Pierce Brosnan. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.15 Cricket on five. England v South Africa. Mark Nicholas presents action from the fifth day of the Fourth and final Test of the series at the Oval. Commentary by Geoffrey Boycott, Simon Hughes and Barry Richards. (T) 7.15 five news update. 8.00 Fifth Gear. New series. How to spend less on fuel; 8.00 five news at 9. 9.00 Greatest 80s TV Moments. Memorable highlights from the decade. (R) (T) 11.05 FILM: An Innocent Man (1989). Gritty thriller, starring Tom Selleck. (T) 1.10 Disorderly Conduct. (T) 2.10 NASCAR. 3.00 Golf: The Challenge. 3.25 Boxing: Fight of the Week. 4.20 ITU Triathlon. 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls before making the final choice of whether to share the jackpot or try to keep it for themselves. (R) (T)

6.00 London Tonight: Weather. (T)  
6.30 ITV Evening News: Weather. (T)  
7.00 Emmerdale. Donald grows tired of the constant bickering between Carl and Anna and tries to get the pair to settle their differences. Pollard hires two new workers for the factory, and negotiates a deal with his other workers, while Daz catches a drunk Victoria selling home-made alecops. (T)

7.30 Coronation Street. Ken refuses to discuss his novel with Deirdre, leaving the couple at loggerheads, and as a delighted Michelle welcomes Ryan home, Jason turns up at the cab office demanding to speak to Steve about Becky. Elsewhere, Ted invites Audrey to the opera and a sullen Tina rebuffs David. (T)

8.00 Death Race 2008: Tonight. (T)  
8.30 Coronation Street. Relishing the chance to compound Steve's misery, Becky asks Michelle to join her and Sean on a night out. A disillusioned Ken makes a decision about his book as Deirdre laments the state of her marriage, and Joe turns to Gail for help in orchestrating a meeting between Tina and David. (T)

9.00 Superhuman: World's Smallest People. Documentary exploring the lives of some of the smallest people on the planet, exploring how they deal with everyday issues such as shopping, illness and romance. The programme tells the story of He Pingping from Inner Mongolia, who at 2ft 5 inches tall is officially the smallest man on Earth, and reveals how his height has provided him with a route out of poverty. Sam Hazeldine narrates. (T)

10.00 News at Ten and Weather. (T)  
10.30 London News and Weather. (T)  
10.40 FILM: Unleashed (2005). Premiere. Intriguing, action-packed drama, starring Jet Li. (T)

12.35 Heist. (R) (T) 1.20 Nightwatch with Steve Scott: Emergency. (R) (T) 2.10 Nightwatch with Steve Scott: Mystery. (R) (T) ITV News Headlines. 3.05 Moving Day. (R) (T) 3.30 Moving Day. (R) (T) 3.55 ITV Nightscreen.

## LOCAL

## Best of the Rest

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1415 Prova de Amor 1530  
Portugal no Coração 1800  
Portugal Em Directo 1905 O  
Preço Certo 2000 News 2100  
Ninas Soltas 2130 Quem Quer  
Ser Milionário 2230 Prós e  
Contras 0030 Vídeos, film 0315  
Euronews 0400 Portugal no  
Coração 0605 Nôs  
**RTP2**  
0700 Euronews 0715 Zig Zag  
1300 Entre Pratos 1400  
Sociedade Civil 1530 Consigo  
1600 National Geographic 1700  
Zig Zag 1830 A Fe Dos Homens  
1905 Eurodeputados 1945 Zig  
Zag 2045 Friends 2115  
National Geographic 2150 A  
Hora da Sorte 2200 News 2240  
Eva 2310 Californication 2340  
Bastidores 0030 Noites da 2  
0115 Universidades 0145 Diga  
lá Excelência 0230  
Eurodeputados 0300  
Sociedade Civil 0430  
Euronews  
**SIC**  
0700 Sic Noticias 0830 Sic  
Kíds 0915 Floribella 1000  
Fátima 1300 News 1415 Terra  
Nostra 1455 Contacto 1800  
Beleza Pura 1900 Sete  
Pecados 2000 Vídeos, film 2130  
Clube Portugal 2200 Ciranda  
de Pedra 2245 Desejo Proibido  
2330 Duas Caras 0030 Criminal  
Minds 0130 CSI Miami 0230  
Quando O Telefone Toca  
**TVI**  
0700 Diário da Manhã 1000  
Vôcê na TV 1300 News 1400  
As Tardes da Jília 1700 Quem  
Quer Ganhar 1800 Morangos  
com Açúcar 1900 News 2200  
Fascinios 2300 Deixa-me  
0200 Toca a Ganhar 0345 Film  
TBA 0530 Teleales

**BBC3**  
7.00 Doctor Who 7.45 Doctor  
Who Confidential 8.00 The  
Real Hustle Las Vegas 8.30  
The Real Hustle Las Vegas  
9.00 Jamelia: Whose Hair Is  
It Anyway? 10.00  
EastEnders 10.30 Spooks:  
Code 9 11.20 Spooks: Code  
9 12.05 Jamelia: Whose Hair  
Is It Anyway? 1.05 The Real  
Hustle Las Vegas 1.35 The  
Real Hustle Las Vegas 2.05  
Britain's Missing Top Model  
3.00 Spooks: Code 9 3.50  
Spooks: Code 9 4.40 Close  
**BBC4**  
7.00 World News Today 7.00  
Weather 7.30 Proms on Four  
2008 9.00 Real Life on Mars  
10.00 Life on Mars 11.00  
Time Shift: Creating Life on  
Mars 11.20 Mark Lawson  
Talks to GF Newman 12.20  
Travellers' Century 1.20  
Proms on Four 2008 2.50  
Mark Lawson Talks to GF  
Newman 3.50 Close  
**ITV2**  
1.00 Emmerdale 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45 Ricki  
Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judy  
Judy 7.00 Smallville 8.00  
Xtra Factor: Best and Worst  
9.00 Film: Wayne's World 2  
PG (1993) 11.00 Coronation  
Street 11.30 Coronation  
Street 12.00 Film: Nine  
Months 12 (1995) 2.00  
Teleshopping 5.00 ITV2  
Nightscreen  
**Sky One**  
1.00 Relic Hunter 2.00  
Stargate SG-1 3.00 Stargate  
SG-1 4.00 Stargate Atlantis  
5.00 Gladiators 6.00  
Malcolm in the Middle 6.30

The Simpsons 7.00 The  
Simpsons 7.30 The  
Simpsons 8.00 The  
Simpsons 8.30 The  
Simpsons 9.00 Premier  
League Years 11.00 Inside:  
Prison Tactical 12.00 Road  
Wars 1.00 Road Wars 1.50  
Weeds 2.25 Uncut! Repls in  
Ibiza 3.20 Brainiac: Science  
Abuse 4.15 Relic Hunter  
5.10 Guilty!  
**UKTV Gold**  
1.15 Last of the Summer  
Wine 1.55 Only Fools and  
Horses 3.00 The Two  
Ronnies 4.00 Doctor Who  
5.00 Open All Hours 5.40 My  
Family 6.20 The Good Life  
7.00 Last of the Summer  
Wine 7.40 Keeping Up  
Appearances 8.20 My Family  
9.00 Only Fools and Horses  
10.00 The Good Life 10.40 A  
Bit of Fry and Laurie 11.20  
The Two Ronnies 12.20 The  
New Adventures of Old  
Christine 12.50 Baywatch  
1.45 A Bit of Fry and Laurie  
2.20 Baywatch 3.05  
Baywatch 3.45 The Bill 4.35  
Close Up 4.45 EastEnders  
5.15 Neighbours 5.35  
Neighbours  
**TCM**  
1.00 Martin Chuzzlewit 3.00  
The Biggest Bundle of Them  
All PG (1968) 4.55 Zig Zag  
PG (1970) 6.55 Knights of  
the Round Table U (1953)  
9.00 The Dirty Dozen 15  
1967 11.45 The Champ PG  
(1979) 2.00 The Night of the  
Iguala 15 (1964) 4.05 Ride  
Him, Cowboy U (1932) 5.00  
Calling Bulldog Drummond U  
(1951)  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

## Sky Movies Drama

6.00 Deep Family Secrets  
PG (1997) 7.40 The Patron  
Saint of Liars PG (1997) 9.20  
David Duchovny Q&A 9.50  
Nurses on the Line: The  
Crash of Flight 7 PG (1993)  
11.30 Beloved 15 (1998)  
With Oprah Winfrey. 2.30 A  
Thousand Acres 15 (1997)  
With Michelle Pfeiffer. 4.20  
The Top 10 Show 4.40 My  
Fair Eddie PG (2008) With  
Christina Cox. 6.10 Leap of  
Faith PG (1992) With Steve  
Martin. 8.00 Catch and  
Release 12 (2007) With  
Jennifer Garner. 10.00 Flags  
of Our Fathers 15 (2006)  
With Ryan Phillippe. 12.15  
Going All the Way 15 (1997)  
With Jeremy Davies. 2.00  
Tom Horn 15 (1979) With  
Steve McQueen. 3.40  
Hardcore 18 (1979) 5.30  
Taken Away PG (1996)

## Sky Movies Comedy

6.50 Ever After: A Cinderella  
Story PG (1998) 9.00 Stick  
It PG (2006) 10.45 Mr Bean's  
Holiday PG (2007) 12.20  
White Men Can't Jump 15  
(1992) With Woody  
Harrison. 2.20 Because I  
Said So 12 (2007) With Diane  
Keaton. 4.05 Ever After: A  
Cinderella Story PG (1998)  
With Drew Barrymore. 6.15  
Stick It PG (2006) With Missy  
Peregrine. 8.00 Mr Bean's  
Holiday PG (2007) With  
Rowan Atkinson. 9.30 White  
Men Can't Jump 15 (1992)  
With Woody Harrison. 11.25  
Because I Said So 12 (2007)  
With Diane Keaton. 1.10 The  
Weather Man 15 (2005) With

Nicolas Cage. 2.55 Jane  
Austen's Mafia! 12 (1998)  
With Jay Mohr. 4.25  
Aquamarine PG (2006)

## Sky Movies Action

6.00 Freedomland 15 (2006)  
8.05 Rocky PG (1976) 10.20  
Streets of Fire 15 (1984)  
12.10 Freedomland 15 (2006)  
With Samuel L Jackson. 2.10  
The Da Vinci Code 12 (2006)  
With Tom Hanks. 4.50  
Fracture 15 (2007) With  
Anthony Hopkins. 7.00  
Firewall 12 (2006) With  
Harrison Ford. 9.00 Tango &  
Cash 18 (1989) With  
Sylvester Stallone. 11.00  
Fracture 15 (2007) With  
Anthony Hopkins. 1.00  
Night Hawks 18 (1981) With  
Sylvester Stallone. 3.00  
Blow Out 18 (1981) With John  
Travolta. 5.00 Rocky PG  
(1976)

## (R)-repeat programme;

## (T) - programme with

## teletext subtitles;

## (S)-programme broad-

## casting stereo;

## (bw) - black and white.

## SPORT

## Sky Sports 1

6.00 Good Morning Sports Fans  
9.00 Football League 10.30 Live  
Test Cricket. England v South  
Africa. 6.00 Big League  
Weekend 7.30 Live Speedway.  
Edinburgh Monarchs v  
Workington Comets. 9.30 Big  
League Weekend 11.00 Premier  
League Years 1.00 Big League  
Weekend 2.30 Test Cricket 4.30  
Big League Weekend

## Sky Sports 2

6.00 Aerobics Oz Style 6.30  
Pipeline Adventures 7.00 WWE:  
Bottom Line 8.00 USPGA  
Championship Golf 11.00 Sailing  
11.30 Football League 1.00  
USPGA Championship Golf 4.00  
Football League 5.00 Sailing  
6.00 Wild Spirits 6.30 Angling  
7.30 Thinking Tackle 8.30 Test  
Cricket 10.30 Thinking Tackle  
11.30 Test Cricket 1.30  
Speedway 3.30 World Motor  
Sport

## Sky Sports 3

8.00 Polo 9.00 Premier League  
Years 11.00 Aerobics Oz Style  
11.30 Racing News 12.00  
Premier League Years 2.00  
Pipeline Adventures 2.30  
NASCAR 5.00 WWE: Raw 7.00  
Kiteboard Pro Tour 7.30 World  
Motor Sport 10.00 WWE: Late  
Night - Bottom Line 11.00 WWE:  
Late Night - Afterburn 12.00  
Extreme Championship  
Wrestling 1.00 WWE Vintage  
Collection 2.00 Live WWE: Late  
Night - Raw. Wrestling action  
from the States. 4.15 Kiteboard  
Pro Tour 4.45 Close

## British Eurosport

5.00 Olympic News Nihao 5.15  
Olympic Diving 6.00 Olympic  
News Nihao 6.15 Olympic  
Swimming 7.15 Olympic News  
Nihao 7.30 Live Olympic Diving.  
The men's 10m synchronised  
platform final. 8.30 Live Olympic  
Weightlifting. The women's 58kg  
discipline. 10.15 Live Olympic  
Rowing. The men's and women's  
repechage races. 11.00  
Olympic Swimming 11.30 Live  
Olympic Swimming. The latest  
men's and women's qualifying  
heats. 1.00 Live Olympic  
Weightlifting. The men's 62kg  
discipline. 2.00 Olympic  
Weightlifting 3.00 Live Olympic  
Volleyball. Japan v Venezuela.  
4.00 Mission to Beijing Live.  
4.15 Live Olympic Volleyball.  
Japan v Venezuela. 5.00  
Olympic Swimming 5.45  
Olympic Diving 6.30 Beijing  
Express 7.30 Mission to Beijing  
7.45 Olympic Swimming 9.00  
Olympic Diving 10.00 Beijing  
Express 11.00 Olympic  
Swimming 12.15 Olympic  
Rowing 12.45 Olympic Diving  
1.45 Olympic Swimming 3.00  
Live Olympic Swimming.  
Coverage of four more finals.  
4.45 Live Olympic Artistic  
Gymnastics. The men's all-  
around team final.

## Sky Sports Xtra

8.00 Beach Volleyball 9.00  
Beach Volleyball 10.00  
NASCAR 12.30 Max Power 1.30  
Polo 2.30 Surfing 3.00 Premier  
League Years 5.00 USPGA  
Championship Golf 8.00 Golf  
9.30 Pipeline Adventures 10.00  
Championship Gaming Series  
11.30 Angling 12.30 Golf 2.00  
Championship Gaming Series  
3.00 Thinking Tackle 4.30  
Angling 5.30 Close



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# TUE

## BBC1

6.00 Olympic Breakfast. Including diving and boxing. (T) 9.00 Olympics 2008. Including rowing, canoe-kayak slalom, sailing, judo and weightlifting. Continues on BBC2. (T) 12.00 BBC News: Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Including the team and individual three-day eventing competitions. Continues on BBC2. (T)

5.15 Weakest Link. Anne Robinson oversees the back-stabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (R) (T) BBC News: Weather. (T)

6.30 Regional News Programmes: Weather. (T) Olympics 2008: Games Today. Gabby Logan introduces highlights from the fourth day of the Games in Beijing, including the show jumping disciplines in the team and individual three-day eventing competitions at the Hong Kong Olympic Equestrian Venue and the men's artistic gymnastics all-around team final at the National Indoor Stadium. This morning's swimming finals, in particular the men's 200m freestyle and 100m backstroke, at the National Aquatics Centre also feature, and Great Britain face Argentina in a women's hockey match. Digital viewers can access additional interactive highlights: (T) BBC News: Regional News. (T)

8.00 Holby City. Linden is preoccupied with the conjoined twins and Jayne arranges for their transfer to a hospital in London. Daisha discovers her pregnancy is beyond the legal limit for abortions and starts to consider illegal ways to get rid of her unborn child - much to Mark's horror. Time spent with a young patient and the arrival of her fiancée's sister make Faye rethink her engagement to Joseph and their childless future. (T) 9.00 Bonekickers. Gillian risks her reputation, friendships and life in pursuit of her greatest obsession - the search for Excalibur. The same quest drove her mother mad, but she refuses to heed the warnings from colleagues or give up the chase, even when one by one people connected to the Arthurian legend start to die. Despite a lifetime's research, her only ally is Daniel. Last in the series, starring Julie Graham. (T)

10.00 BBC News. (T) 10.25 Regional News: Weather. (T) 10.35 FILM: The Quiet American (2002). Acclaimed drama, starring Michael Caine; (T) Weatherview. (T) 12.15 BBC News. (T) 2.50 Olympics 2008. Swimming finals and women's artistic gymnastics. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers: (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 Dennis the Menace. (R) (T) 8.35 Freefonix. (T) 9.00 Raven: (R) (T) The Owl. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Cash in the Attic. (R) (T) 11.15 Bargain Hunt. (R) (T) 12.00 Olympics 2008. Including swimming and show jumping. Continues on BBC1. (T) 12.45 Double Agents. (T) 1.15 Diagnosis Murder. (R) (T) 2.00 Murder, She Wrote. (R) (T) 2.45 Flog It! (T) 3.15 CBeebies: Finley the Fire Engine. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.05 The Story of Tracy Beaker. (R) (T) 4.35 Roman Mysteries. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (R) (T) 7.00 Grow Your Own Veg. Carol Klein explores the world of legumes, discovering how peas ought to taste, while first-time veg-grower Louise and her family begin to reap the rewards of their labours. (R) (T) 7.30 Return to the Cruise. The crew continue to reminisce. (T) 8.00 Jimmy Doherty's Farming Heroes. The tough life of Scottish farmers. (T) 9.00 Maestro. New series. Eight celebrities compete to conduct the BBC Concert Orchestra. (T) 10.30 Newsnight: (T) Weather. (T) 11.20 Equator. (R) (T) 12.20 Sign Zone: Jimmy Doherty's Farming Heroes. (R) (T) 1.20 Sign Zone: Hadrian. (R) (T) 2.20 Sign Zone: Timewatch: Hadrian's Wall. (R) (T) 3.10 Sign Zone: Celebrity MasterChef. (R) (T) 4.10 BBC News. (T)

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# 12 AUG

## Pick of the Day

### Don't Blame the Builder (Channel 4, 8.00pm)

It can sometimes feel like British builders have taken as much structural savvy as the three little pigs, and that they take the same approach to customer services as a teenager behind the counter of a kebab shop. There's certainly no doubt that calling in the builders can be about as much fun as hitting yourself with a brick. From unfinished jobs to terrible workmanship, just finding the right person for a simple construction job can be a real nightmare. It will come as no surprise to many people that more than 100,000 building jobs in the UK go horribly wrong each year. As a nation we're always quick to blame the builders, but is it always their fault? Don't Blame the Builder explores how domestic building problems arise when builders from hell meet their match in homeowners from hell. And oddly enough, it seems that the customer certainly isn't always right. In each episode, building expert Jeff Howell mediates between a builder and a client at war. His aim — to bring the two sides together and get the job back on track. He'll huff and he'll puff, but will his efforts bring the house down?

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.25 Big Brother's Little Brother. (T) 7.55 Big Brother. (R) (T) 9.00 T4: Friends. (R) (T) 9.30 T4: Friends. (R) (T) 10.00 T4: McFly's Postcard from T4 on the Beach 2008. (T) 10.15 T4: Friends. (R) (T) 10.45 T4: Sugababes' Postcards from T4 on the Beach 2008. (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 Filo & Grace. (R) (T) 1.00 Desperate Housewives. (R) (T) 1.55 Desperate Housewives. (R) (T) 2.45 Countdown. (R) (T) 3.30 A Place by the Sea. (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright New Wonders. Showcasing new presenting voices as part of Channel 4's Generation Next season, supporting creative talent. (T) 8.00 Don't Blame the Builder. New series. Expert Jeff Howell aims to get botched building work back on track. (T) 9.00 The Secret Millionaire. A successful businessman swaps her lavish lifestyle to live undercover in Ladywood, Birmingham, an area with some of the highest unemployment rates in the country. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Tonightly. (T) 11.35 Reaper. (T) 12.35 4Music: Vintage V. (T) 12.40 British Superbike Championship. 1.35 Bullrun: Cars, Cars and Superstars. (T) 2.00 FIA GT Championship. (T) 2.30 KOTV. (T) 3.00 Big Brother Live. 4.20 The British Formula 3 International Series. (R) (T) 4.50 FIVB Beach Volleyball. (T) 5.40 British Triathlon Grand Prix. (R) (T)

## FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Mio Mao. (R) (T) 8.05 Fifi and the Flowerrots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (T) 3.10 FILM: The Waiting Game (1998). Romantic drama, starring Paula Abdul. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Highland Emergency. A critically ill diver is pulled from Loch Fyne. (T) 7.30 five news update. (T) 8.00 Margaret the Tabloid Princess: Revealed. The Press's fascination with the life of the Queen's younger sister. Last in series; (T) 8.00 five news at 9. 9.00 CSI: Miami. A swimming star is stalked and her boyfriend murdered. (T) 10.00 CSI: NY. A robbery-homicide turns into a hostage crisis; (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) (T) 1.00 European Drag Racing. 1.25 IndyCar Racing. 2.15 Race and Rally UK. 2.40 Motorsport Mundial. 3.05 NHRA Drag Racing. (R) 4.20 Grand American Racing. 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)

6.00 London Tonight: Weather. (T) 6.30 ITV Evening News: Weather. (T) 7.00 Emmerdale: Better the Devil You Know. Lexi blackmails Carl into continuing their relationship, and Diane is upset to learn her character in Rodney's book is dull, while Brenda encourages Gennie to find a job. (T)

8.00 Crash Scene Investigators. The rigorous work of police investigators in Devon and Cornwall as they attempt to determine the cause of road accidents, beginning with a fatal incident involving a 19-year-old disqualified driver. Also featured is a crash on Torquay sea front involving three men whose car skidded off the road and smashed into a tree. Police interviews and forensic examinations reveal what happened that night. (R) (T) Doc Martin. Mark is forced to investigate his fiancée's past when a stranger arrives in the village with a mysterious photo. Mrs Tishell finally removes the neck collar she has worn for years, and suffers a protracted disc as a result. Martin reveals his true feelings for Louisa over a few glasses of wine, but he drinks too much and wakes the next morning to a waiting room full of giggling patients, a raging hangover and a distinct feeling of uneasiness. Last in series. (R) (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T) 10.40 Kingdom. When Peter refuses to post bail for Simon, Lyle manages to secure his release using a case of money left behind when he was arrested. Cammie, a well-to-do woman, seeks the services of Kingdom and Kingdom to force Brad Johnson, an American pilot, to support her unborn baby - but investigations reveal neither party is being completely honest about their circumstances. (R) (T)

11.40 Carling Cup Highlights. Craig Doyle introduces action from this evening's first-round matches, including Chester City v Leeds United at the Deva Stadium and Exeter City v Southampton at St James Park. With commentary by Jon Champion. (T) 12.25 Big Top Night Live. 1.25 Heist. (R) (T) 2.15 Nightwatch with Steve Scott. (R) (T) 2.45 News Headlines. 3.10 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

## LOCAL

**RTP1**  
0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1415 Prova de Amor 1530  
Portugal No Coração 1800  
Portugal em Directo 1905 O  
Preço Certo 2000 News 2100  
30 Minutos 2130 Telerural  
2200 Quem Quer Ser  
Millionário 2300 Sentido do  
Gosto 0100 The Crown  
Prince, film 0400 Portugal  
no Coração 0605 Nós

**RTP2**  
0700 Euronews 0715 Zig Zag  
1300 Entre Pratos 1400  
Sociedade Civil 1530  
Consigo 1600 National  
Geographic 1700 Zig Zag  
1830 A Fé dos Homens 1900  
2010 1945 zig Zag 2045  
Feinds 2110 National  
Geographic 2200 News 2240  
Greys Anatomy 2300  
Mozartmania 0030 Noites da  
2 0115 Universidades 0145  
Câmara Clara 0250 2010  
0330 Sociedade Civil 0500  
Euronews

**SIC**  
0600 Sic Notícias 0900 Dia  
Em Grande 1000 Fátimas  
1300 News 1415 Terra  
Nostra 1545 Contacto 1800  
Beleza Oura 1900 Sete  
Pecados 2000 News 2200  
Ciranda de Pedra 2245  
Desejo Proibido 2330 Duas  
Caras 0030 CSI Las Vegas  
0130 CSI Miami 0230 Quando  
o Telefone Toca

**TVI**  
0700 Diário Da Manhã 1000  
Voz na TV 1300 News 1400  
As Tardes da Júlia 1700  
Quem Quer Ganhá 1800  
Morangos com Açúcar 1900  
News 2215 Doce Fugitiva  
0030 Jeru Diomond, film

## Best of the Rest

**BBC3**  
7.00 Doctor Who 7.45 Doctor  
Who Confidential 8.00 Film:  
Armageddon 12 (1998)  
12.00 How Not to Live Your  
Life 10.50 Family Guy 11.15  
Family Guy 11.40 I'm Kylie's  
Body Double 12.40 Make  
My Body Younger 1.35 How  
Not to Live Your Life 2.05  
The Real Hustle Las Vegas  
2.35 I'm Kylie's Body Double  
3.35 Make My Body Younger  
4.35 Close

**BBC4**  
7.00 World News Today 7.00  
Weather 7.30 Pop Go the  
Sixties 7.35 Batman 8.00  
1908 - The First True  
Olympics 9.00 Dixon of  
Dock Green 9.30 Dixon of  
Dock Green 10.00 Call the  
Cops 11.00 Our Hidden Lives  
12.15 The Thirties in Colour  
1.15 Our Hidden Lives 2.30  
Call the Cops 3.30 Close

**ITV2**  
1.00 Emmerdale 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45  
Ricki Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judge  
Judy 7.00 Smallville 8.00  
Xtra Factor: Best and Worst  
9.00 Film: Nine Months 12  
(1995) 11.05 Film: Get  
Shorty 15 (1995) 1.05 The  
Black Donnellys 2.05  
Teleshopping 5.05 ITV2  
Nightscreen

**Sky One**  
1.00 Relic Hunter 2.00  
Stargate SG-1 3.00  
Stargate SG-1 4.00  
Stargate Atlantis 5.00  
Futurama 5.30 Malcolm in  
the Middle 6.00 Malcolm in  
the Middle 6.30 The

Simpsons 7.00 The  
Simpsons 7.30 The  
Simpsons 8.00 Film:  
Stargate: Continuum PG  
(2008) 10.00 Film: Double  
Jeopardy 15 (1999) 12.05  
Road Wars 1.05 Road Wars  
1.55 Weeds 2.30 Uncut!  
Reps in Ibiza 3.20 Brainiac:  
Science Abuse 4.15 Relic  
Hunter 5.10 Guilty!  
**UKTV Gold**  
1.15 Last of the Summer  
Wine 1.55 Only Fools and  
Horses 3.00 The Two  
Ronnies 4.00 Doctor Who  
5.00 Open All Hours 5.40  
My Family 6.20 The Good  
Life 7.00 Last of the Summer  
Wine 7.40 Keeping Up  
Appearances 8.20 My  
Family 9.00 Only Fools and  
Horses 10.10 The Good Life  
10.50 A Bit of Fry and Laurie  
11.30 Two Pints of Lager  
and a Packet of Crisps  
12.10 The Two Ronnies 1.10  
The New Adventures of Old  
Christine 1.40 A Bit of Fry  
and Laurie 2.15 2point4  
Children 2.45 Two Pints of  
Lager and a Packet of  
Crisps 3.15 Baywatch 4.00  
The Blue Planet 4.45  
EastEnders 5.15  
Neighbours 5.35 Neighbours

**TCM**  
1.00 Martin Chuzzlewit 3.00  
Beau Brummell PG (1954)  
5.00 The Walking Stick PG  
(1970) 6.50 Logan's Run PG  
(1976) 9.00 Westworld 15  
(1973) 10.35 Lolita 15  
(1962) 1.25 Marlowe PG  
(1969) 3.05 Bridge to the  
Sun U (1961) 5.00 Today  
We Live U (1933)  
**The Disney Channel**  
Kids' programmes

## MOVIES

### Sky Movies Drama

7.05 Miracle on the 17th Green  
U (1999) 8.50 All-American  
Girl: The Story Mary Kay  
Letourneau Story 15 (2000)  
10.35 Can't Be Heaven PG  
(1999) 12.15 In the Line of  
Duty: Siege at Marion PG  
(1992) With Ed Begley Jr.  
1.55 The Scarlet Letter 15  
(1995) With Demi Moore. 4.15  
Carolina PG (2003) With Julia  
Stiles. 6.00 Stomp the Yard  
12 (2007) With Columbus  
Short. 8.00 The Pursuit of  
Happiness 12 (2006) With  
Will Smith. 10.00 Bobby 15  
(2006) With Laurence  
Fishburne. 12.00 Little  
Children 15 (2006) With Kate  
Winslet. 2.25 Semi-Tough 15  
(1977) With Bert Reynolds.  
4.20 Desperate Rescue 12  
(1992)

### Sky Movies Comedy

6.10 Expiration Date 12  
(2006) 7.45 Up 'n' Under 12  
(1998) 9.25 RV: Runaway  
Vacation PG (2006) 11.05  
Forces of Nature 12 (1999)  
With Sandra Bullock. 12.55  
Three Men and a Baby PG  
(1987) With Tom Selleck. 2.40  
You, Me and Dupree 12 (2006)  
With Owen Wilson. 4.30 RV:  
Runaway Vacation PG (2006)  
With Robin Williams. 6.10  
Forces of Nature 12 (1999)  
With Sandra Bullock. 8.00  
Three Men and a Baby PG  
(1987) With Tom Selleck. 9.45  
You, Me and Dupree 12 (2006)  
With Owen Wilson. 11.35 For  
Your Consideration 12 (2006)  
With Christopher Guest. 1.05  
Bull Durham 15 (1988) With

Kevin Costner. 2.55 Up 'n'  
Under 12 (1998) With  
Samantha Janus. 4.35  
Expiration Date 12 (2006)

### Sky Movies Action

7.10 Rocky II PG (1979) 9.20  
Pirates of the Caribbean:  
Dead Man's Chest 12 (2006)  
12.00 Casino Royale 12  
(2006) With Daniel Craig. 2.35  
Chill Factor 15 (1999) With  
Cuba Gooding Jr. 4.25 You  
Don't Mess with the Zohan  
Special 4.45 When a Stranger  
Calls 15 (2006) With Camilla  
Belle. 6.25 Pirates of the  
Caribbean: Dead Man's Chest  
12 (2006) With Johnny Depp.  
9.00 Casino Royale 12 (2006)  
With Daniel Craig. 11.30 The  
Departed 10 (2006) With Jack  
Nicholson. 2.10 Year of the  
Dragon 18 (1985) With  
Mickey Rourke. 4.35 Rocky  
II PG (1979)

(R) - repeat  
programme;  
(T) - programme  
with teletext  
subtitles;  
(S) - programme  
broadcast in stereo;  
(bw) - black and  
white.

## SPORT

### Sky Sports 1

6.00 Good Morning Sports Fans  
9.00 Premier League Years 11.00  
Big League Weekend 12.30  
Speedway 2.30 Big League Weekend  
4.00 Live Cricket. Kent Spitfires v  
Leicestershire Foxes. Continues on  
Sky Sports 3. 7.30 Soccer Special  
10.00 Countdown to the Ryder Cup  
2008 10.30 Premier League Year  
League Year 2.30 World Motor  
Sport 5.00 Kiteboard Pro Tour 5.30  
Countdown to the Ryder Cup 2008  
2.30 Premier League Years 4.30  
Carling Cup Football

### Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline  
Adventures 7.00 WWE: Afterburn  
8.00 Thinking Tackle 9.00 Pipeline  
Adventures 9.30 Wild Spirits 10.00  
World Motor Sport 12.30 Premier  
League Year 2.30 World Motor  
Sport 5.00 Kiteboard Pro Tour 5.30  
Challenge Tour Golf 6.00 Ladies  
European Tour Golf 7.00 Countdown  
to the Ryder Cup 2008 7.30 Live  
Carling Cup Football. Chester City v  
Leeds United (Kick-off 7.45pm).  
10.00 Poker 11.00 Poker 12.00 NFL:  
Total Access 1.00 Ladies European  
Tour Golf 2.00 Kiteboard Pro Tour  
2.30 Challenge Tour Golf 3.00 Close

### Sky Sports 3

6.30 Angling 7.30 Golf 9.00 Premier  
League Bowls 10.00 Premier League  
Bowls 11.00 Aerobics Oz Style  
11.30 Racing News 12.00 Wild Spirits  
12.30 Kiteboard Pro Tour 1.00 NFL:  
Total Access 2.00 Pipeline  
Adventures 2.30 Wild Spirits 3.00  
Premier League Bowls 4.00 Premier  
League Bowls 5.00 WWE:  
Smackdown 7.00 FIFA Futbol  
Mundial 7.30 Live Cricket. Kent  
Spitfires v Leicestershire Foxes.  
10.00 Sports Unlimited 11.00 Ladies

European Tour Golf 12.00 Premier  
League Bowls 1.00 Premier League  
Bowls 2.00 Football Asia 2.30 Close

### British Eurosport

5.45 Olympic News Nihao 6.00  
Olympic Swimming 7.15 Olympic  
News Nihao 7.30 Live Olympic Diving.  
The women's 10m synchronised  
platform final. 8.15 Olympic News  
Nihao 8.30 Live Olympic Canoeing.  
Coverage of the first slalom finals.  
10.45 Olympic Swimming 11.30 Live  
Olympic Swimming. Coverage of the  
men's and women's qualifying heats.  
1.45 Live Olympic Handball. Germany  
v Iceland. 3.15 Live Olympic  
Basketball. Argentina v Australia.  
4.00 Mission to Beijing Live 4.15  
Live Olympic Basketball. Argentina  
v Australia. 5.00 Olympic Diving  
5.30 Olympic Artistic Gymnastics  
6.30 Beijing Express 7.30 Mission  
to Beijing 7.45 Olympic Swimming  
9.00 Olympic Weightlifting 10.00  
Beijing Express 11.00 Olympic  
Equestrian 12.15 Olympic Artistic  
Gymnastics 1.30 Olympic Swimming  
3.00 Live Olympic Swimming. A  
further four finals from Beijing. 4.30  
Live Olympic Artistic Gymnastics.  
The women's all-around team final.

### Sky Sports Xtra

10.30 Kiteboard Pro Tour 11.00 Golf  
12.30 Thinking Tackle 1.30 Angling  
2.30 Golf 4.00 Pipeline Adventures  
4.30 Aerobics Oz Style 5.00 NFL:  
Total Access 6.00 Pipeline  
Adventures 6.30 Motor Racing 7.00  
Pool 8.00 Premier League Bowls  
9.00 Premier League Bowls 10.00  
Championship Gaming Series 11.30  
Sports Unlimited 12.30 Challenge  
Tour Golf 1.00 Pipeline Adventures  
1.30 Motor Racing 2.30  
Championship Gaming Series 3.30  
Close



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13 AUG

## BBC1

6.00 Olympic Breakfast. Cycling, diving, artistic gymnastics, boxing and sailing. (T) 9.00 Olympics 2008. Rowing, canoe-kayak slalom, road cycling, sailing and judo. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Swimming, boxing, hockey, table tennis and artistic gymnastics. Continues on BBC2. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the fifth day of competition in Beijing, including the women's artistic gymnastics all-around team final at the National Indoor Stadium. Also featured are the latest swimming finals at the National Aquatics Centre, notably the men's 200m butterfly, in which Britain's Stephen Parry claimed bronze four years ago. Plus, the men's and women's individual road cycling time-trial races. Digital viewers can access additional interactive highlights. (T) BBC News; Regional News. (T)

8.00 Lost Land of the Jaguar. Steve Backshall reaches the summit of a table-top mountain, up a vertical cliff face nearly as high as the Empire State Building. Meanwhile, Dr George McGavin and Gordon Buchanan have to haul three boats and all their kit through the jungle after finding the rapids of the Rewa River impassable. At the end of the journey, George presents a report on the expedition to the President of Guyana, Bharat Jagdeo. Last in series. (T)

9.00 Who Do You Think You Are? New series. Actress Patsy Kensit traces her ancestry, looking at the life of her father, who lived a life of crime in the 1960s, and learning her grandfather was also an offender. (T)

10.00 BBC News. (T)

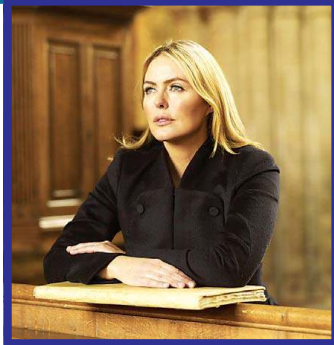
10.25 Regional News; Weather. (T)

10.35 The National Lottery Draws. Jenni Falconer announces the all-important numbers. (T)

10.45 The Visit. Clint discovers Buddhism, Russell finds the courage to ask Rachel out and Pete's Internet date is a success. Meanwhile, Michael learns the result of his appeal. Last in series. (T)

11.15 The Tudors. Christmas is without cheer in the Tudor court in the absence of the queen. King Henry VIII's chaplain, Thomas Cranmer, undertakes a fact-finding mission to Lutheran Germany, while at home the king withdraws the authority of the Catholic Church. Sir Thomas More resigns as chancellor, and Henry argues with Charles Brandon about his mistress. Meanwhile, a royal visit to France convinces Anne to consummate her relationship with the king; (T) (T) National Lottery Update and Weatherline. (T)

12.15 BBC News. (T) 2.50 Olympics 2008. Swimming finals and men's artistic gymnastics. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers; (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 Dennis the Menace. (R) (T) 8.35 Freefonix. (T) 9.00 Raven; (R) (T) The Owl. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Cash in the Attic. (R) (T) 11.15 Bargain Hunt. (R) (T) 12.00 Olympics 2008. Swimming heats and boxing preliminaries. Continues on BBC1. (T) 12.45 Double Agents. (T) 1.15 Diagnosis Murder. (R) (T) 2.00 Murder, She Wrote. (R) (T) 2.45 Flog It! (R) (T) 3.15 CBeebies: Finley the Fire Engine. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk Fu! (R) (T) 4.05 Young Dracula. (T) 4.35 Serious Ocean. (T) 5.00 Newround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Egoheads. (R) (T) 7.00 Return to the Cruise. The crew continue to reminisce. (T) 7.30 Des Lynam's Sport Mastermind. Subjects include Wimbledon singles competitions. (T) 8.00 Francesco's Mediterranean Voyage. The war cemeteries of Gallipoli. (T) 8.30 Francesco's Mediterranean Voyage. Francesco da Mosto reaches his destination - Istanbul. Last in series. (T) 9.00 House of Saddam. Hussein Kamel betrays the dictator. (T) 10.00 The Edinburgh Festival Show. Highlights from the event. (T) 10.30 Newsnight; (T) Weather. (T) 11.20 Long Way Round. (R) (T) 12.20 Des Lynam's Sport Mastermind. (R) (T) 12.50 Sign Zone: Tribal Wives. (R) (T) 1.50 Sign Zone: Cooking in the Danger Zone. (R) (T) 2.50 Sign Zone: Mum's the Business. (R) (T) 3.20 Sign Zone: DIY SOS. (R) (T) 3.50 Sign Zone: Rogue Restaurants. (R) (T) 4.20 BBC News. (T)

## Pick of the Day

**Who Do You Think You Are? (BBC1, 9.00pm)**

There's something refreshing in this celebrity-obsessed age, about a programme that features a famous face simply being themselves. In actual fact, the nub of this show, which returns for a new series here, isn't the celebrity at the centre of it, but rather their much less well-known forebears. Kicking off the fifth season is veteran star and Holby City actress Patsy Kensit. She is keen to find out more about her late father, Jimmy, who was familiar to the police and consorted with some of London's most famous criminals, including the Kray twins and the Richardsons. Patsy is determined to understand why her father fell in with such a bad crowd, and find out how far back the "family trade" goes. After meeting a criminologist who has a copy of Jimmy's criminal activities, Patsy is in for a shock, as it seems her dad was a chip off the old block. Records in the National Archive reveal her grandfather to have been a prolific crook too. Thankfully it's not all doom and gloom, as the former Emmerdale actress comes across a vicar who not only provides her with a fresh insight into her family tree, but also gives her cause to re-examine her own faith.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (R) 8.00 Big Brother. (R) (T) 9.10 T4: Friends. (R) (T) 9.45 T4: Friends. (R) (T) 10.15 T4: Kelly Rowland's Postcard from T4 on the Beach 2008. (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Desperate Housewives. (R) (T) 1.55 Desperate Housewives. (R) (T) 2.45 Countdown. (R) (T) 3.30 A Place by the Sea. (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright New Wonders. Showcasing new presenting voices. (T) 8.00 Embarrassing Illnesses. Series in which patients are treated for delicate conditions. (R) (T) 8.30 How Clean Is Your House? New series in which Kim Woodburn and Aggie MacKenzie revisit people from past runs of the show, beginning with Pat Crothers, whose kitchen cupboards held food from the 1980s. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 Dangerous Jobs for Girls. Three women work on a trawler off south Australia. (T) 11.05 Tonight. (T) 11.35 Coming Up: And Kill Them. (T) 12.10 The Shooting Party. (R) (T) 12.40 4Music: Vintage V. (T) 12.45 4Music: Road to V 2008. (T) 1.00 Big Brother Live. 4.25 St Elsewhere. (R) (T) 5.10 Richard & Judy. (R)

## FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 The Mr Men Show. (R) (T) 7.35 Roary the Racing Car. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.00 Mio Mao. (R) (T) 8.05 Fifi and the Flowerpots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (T) 3.10 FILM: Straight from the Heart (2003). Romantic drama, starring Teri Polo. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (R) (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 Massive Speed. The evolution of the motorbike; (R) (T) 7.30 five news update. (T) 8.00 Britain's Strongest Man. The second heat of the competition; (T) 8.00 five news at 9. 9.00 Rory and Paddy's Great British Adventure. New series. Rory McGrath and Paddy McGuinness tour the UK. (T) 10.00 Banged Up Abroad. New series. A man who was imprisoned for drug dealing in Kuwait. (T) 11.05 CCTV Cities. (R) (T) 12.05 Poker. 1.35 Major League Baseball. 4.45 Football on five. (R) 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Diane seeks revenge on Rodney for portraying her as dull in his book. Viv continues to worry about her court appearance, and Pearl considers entering the quilt-making competition. (T)

7.30 Coronation Street. Much to Steve's dismay, Michelle gets dressed to kill for her night out with Becky, and meets an old musician friend at a karaoke bar. Panic sets in when Teresa's deadly scheme gets out of hand, and a remorseful Ken discovers Deirdre is in no mood to forgive him. Gail tells David about Joyce's plan. (T)

8.00 The Bill. A joyrider makes her escape, leaving Millie and Nate to discover a body in the boot of the abandoned car. CSE Eddie Olsunje reveals the victim has been sexually assaulted and the trail of evidence leads back to stripper Tom Norris, who is already under suspicion for the attack on Paula Merrick. Sam arrests Norris and tries to provoke a reaction from him, but fears the court case is going to be long and emotionally draining. (T)

9.00 Tranny and Susannah Undress the Nation. The duo turn their attention to the 45 per cent of women in the UK who are size 16 or above, yet often feel poorly served by the mainstream fashion industry, and have to make do with frumpy, badly fitting outfits. Enlisting an army of curvaceous would-be fashionists, they set out to show retailers that big can be beautiful - designing their own range of clothing to prove it. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Six Degrees. Steven and Laura take a step in the right direction, while Damian and Whitney continue to struggle with the pressure of working for new boss Ray. (T)

11.40 Katy Brand's Big Ass Show. Kate Moss takes a sex education class, and Rosie investigates binge drinking in the sketch show spoofing celebrity culture. (T)

12.10 Bingo Night Live. 1.10 Winter Solstice; (R) (T) ITV News Headlines. 2.45 The Jeremy Kyle Show. (R) (T) 3.40 ITV Nightscreen.

## LOCAL Best of the Rest

**RTP1**

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1515 Prova de Amor 1530  
Portugal no Coração 1800 O  
Preço Certo 2000 News 2100  
Em Reportagem 2130 Quem  
Quer Ser Milionário 2315  
Olympic Games 0330 Euronews  
0400 Portugal no Coração 0605  
Nô

**RTP2**

0700 Euronews 0715 Zig Zag  
1300 Entre Pratos 1400  
Sociedade Civil 1530 Consigo  
1600 National Geographic 1700  
Zig Zag 1830 A Fé dos Homens  
1900 Biofera 1945 Zig Zag  
2045 Friends 2115 National  
Geographic 2200 News 2230  
Chick 2330 Clube de  
Jornalistas 0030 Noites da 2  
0115 Universidades 0145  
Bastidores 0230 Sociedade  
Civil 0400 Euro News

**SIC**

0600 Sic Notícias 0900 Dia Em  
Grande 1000 Fátima 1300  
News 1415 Terra Nostra 1545  
Contacto 1800 Beleza Pura  
1900 Sete Pecados 2000 News  
2130 Clube Portugal 2200  
Ciranda de Pedra 2245 Desejo  
Proibido 2330 Duas Caras 0030  
Cis Las Vegas 0130 CSI Miami  
0230 Quando o Telefone Toca  
TVI

0700 Diário Da Manhã 1000  
Vocé na TV 1300 News 1400  
As Tardes da Júlia 1700 Que  
Quer Ganha 1800 Morangos  
com Açúcar 1900 News 1945  
Football: Half Finals 2115 Ilha  
dos Amores 2215 Desejo  
Fugitiva 2315 Tu e Eu 0015  
Primal Doubt, film 0230 Toca  
a Ganhar 0345 TVI Negócios  
0400 O Portector IV 0500  
Teleales

**BBC3**

7.00 Doctor Who 7.45 Doctor  
Who Confidential 8.00  
Olympic Football 9.00 Film:  
Lara Croft: Tomb Raider 12  
(2001) 10.30 Family Guy  
10.55 Family Guy 11.20  
Spooks: Code 9 12.10  
Spooks: Code 9 12.55 How  
Not to Live Your Life 1.25  
Touch Me, I'm Karen Taylor  
1.55 Jamella: Whose Hair Is  
It Anyway? 2.55 Spooks:  
Code 9 3.45 Spooks: Code 9  
4.30 Close

**BBC4**

7.00 World News Today 7.00  
Weather 7.30 Pop Go the  
Sixties 7.35 Batman 8.00  
Black Power Salute 9.00 A  
Very British Olympics 10.00  
Flying: Confessions of a  
Free Woman 12.00 Coal  
House 12.30 A Very British  
Olympics 1.30 Black Power  
Salute 2.30 Flying:  
Confessions of a Free  
Woman 4.30 Close

**ITV2**

1.00 Airline USA 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45 Ricki  
Lake 4.30 Sally Jessy  
Raphael 5.20 The Montel  
Williams Show 6.05 Judge  
Jury 7.00 Smallville 8.00  
Xtra Factor: Best and Worst  
9.00 Film: Get Shorty 15  
(1995) 11.05 Coronation  
Street 11.35 Film: Be Cool  
12 (2005) 1.50 Teleshopping  
4.50 ITV2 Nightscreen

**Sky One**

1.00 Relic Hunter 2.00  
Stargate SG-1 3.00 Stargate  
SG-1 4.00 Stargate Atlantis  
5.00 Futurama 5.30 Malcolm  
in the Middle 6.30 The

**Simpsons**

7.00 The  
Simpsons 7.30 The  
Simpsons 8.00 Don't Forget  
the Lyrics US 9.00 Film:  
Double Jeopardy 15 (1999)  
11.05 Ross Kemp on Gangs  
12.05 Road Wars 1.05 Street  
Wars 1.55 Weeds 2.30  
Uncut! Reps in Ibiza 3.20  
Brainiac Science Abuse  
4.15 Relic Hunter 5.10 Guilty!  
**UKTV Gold**  
1.15 Last of the Summer  
Wine 1.55 Only Fools and  
Horses 3.00 The Two  
Ronnies 4.00 Doctor Who  
5.00 Open All Hours 5.40 My  
Family 6.20 The Good Life  
7.00 Last of the Summer  
Wine 7.40 Keeping Up  
Appearances 8.20 My Family  
9.00 Only Fools and Horses  
10.05 The Good Life 10.45 A  
Bit of Fry and Laurie 11.25  
Two Pints of Lager and a  
Packet of Crisps 12.05 The  
Two Ronnies 1.00 The New  
Adventures of Old Christine  
1.30 A Bit of Fry and Laurie  
2.05 2point4 Children 2.35  
Two Pints of Lager and a  
Packet of Crisps 3.05  
Baywatch 3.50 The Bill 4.40  
EastEnders 5.10 Neighbours  
5.35 Neighbours  
**TCM**  
1.00 Martin Chuzzlewit 3.00  
The Yellow Rolls-Royce PG  
(1964) 5.10 Soylent Green  
15 (1973) 6.55 Mogambo PG  
(1953) 9.00 Pat Garrett and  
Billy the Kid 15 (1973) 11.20  
Bullitt 15 (1968) 1.25 A Very  
Private Affair PG (1961) 3.00  
Captain Blood U (1935) 5.00  
Kismet U (1944)  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

**Sky Movies Drama**

6.00 A Time to Decide PG  
(2000) 7.35 Racing with the  
Moon 15 (1984) 9.35 Drama  
Close Up 10.05 Mayday 12  
(2005) 11.40 The Wind That  
Shakes the Barley 15 (2006)  
With Cillian Murphy. 1.50  
David Duchovny Q&A 2.20  
ATL 12 (2006) With Tip Harris.  
4.20 Good Night, and Good  
Luck PG (2005) With David  
Strathairn. 6.00 City of  
Angels PG (1998) With  
Nicolas Cage. 8.00 Reign  
Over Me 15 (2007) With Adam  
Sandler. 10.10 Zodiac 15  
(2007) With Jake Gyllenhaal.  
12.50 Hollywoodland 15  
(2006) With Adrien Brody.  
3.00 The Wicked Lady 18  
(1983) With Faye Dunaway.  
4.40 Between Love and Honor  
PG (1995)

**Sky Movies Comedy**

6.10 Project: ALF PG (1996)  
7.45 I'm Gonna Git You Sucka  
15 (1988) 9.20 Racing Ace  
PG (2005) 10.55 Sister Act  
PG (1992) 12.40 School for  
Scoundrels 12 (2006) With  
Billy Bob Thornton. 2.25 The  
Holiday 12 (2006) With  
Cameron Diaz. 4.45 Big  
Nothing 15 (2006) With Simon

**(R)-repeat programme;**

**(T)-programme with teletext subtitles;**

**(S)-programme broadcast in stereo;**

**(bw)-black and white.**

## MOVIES

**Pegg. 6.15 Sister Act PG**

(1992) With Whoopi  
Goldberg. 8.00 School for  
Scoundrels 12 (2006) With  
Billy Bob Thornton. 9.45 The  
Holiday 12 (2006) With  
Cameron Diaz. 12.05 Big  
Nothing 15 (2006) With Simon  
Pegg. 1.35 I'm Gonna Git  
You Sucka 15 (1988) With  
Keenen Ivory Wayans. 3.10  
Project: ALF PG (1996) 4.45  
Racing Ace PG (2005)

**Sky Movies Action**

6.45 You Don't Mess with  
the Zohan Special 7.00 A  
Sound of Thunder PG (2005)  
9.00 Los Locos: Posse Rides  
Again 15 (1997) 11.00 Rocky  
III PG (1982) With Sylvester  
Stallone. 1.00 Sci-Fi & Horror  
Close Up 1.30 Once Upon a  
Time in the West 15 (1969)  
With Henry Fonda. 4.30 Gorky  
Park 15 (1983) With William  
Hurt. 6.50 The Edge 15  
(1997) With Anthony  
Hopkins. 9.00 Midnight Run  
18 (1988) With Robert De  
Niro. 11.15 Smokin' Aces 18  
(2006) With Jeremy Piven.  
1.15 Time Bomb 12 (2006)  
With Angela Bassett. 2.55  
American Ninja 18 (1985)  
With Michael Dudikoff. 4.45  
Rocky III PG (1982)

**Sky Sports 1**

6.00 Good Morning Sports Fans  
9.00 Countdown to the Ryder Cup  
2008 9.30 Premier League Years  
11.30 Carling Cup Football 1.00  
Countdown to the Ryder Cup 2008  
1.30 Football Asia 2.00 Carling Cup  
Football 3.30 Countdown to the  
Ryder Cup 2008 4.00 Live Cricket.  
Hampshire Hawks v Sussex Sharks.  
Continues on Sky Sports 3. 7.30  
Soccer Special 10.00 Premier  
League Years 12.00 FIFA Futbol  
Mundial 12.30 Carling Cup Football  
2.00 Premier League Years 4.00  
Carling Cup Football 5.30 FIFA Futbol  
Mundial

**Sky Sports 2**

6.00 Aerobics Oz Style 6.30 Pipeline  
Adventures 7.00 WWE Vintage  
Collection 8.00 Sports Unlimited  
9.00 Pipeline Adventures 9.30 Motor  
Racing 10.00 Pool 11.00 Poker  
12.00 Poker 1.00 Motor Racing 1.30  
Pool 2.30 Poker 3.30 Poker 4.00  
Countdown to the Ryder Cup 2008  
5.00 NFL: Total Access 6.00 Boots  
'n' All 7.00 Live Carling Cup Football.  
Wycome Wanderers v Birmingham  
City (Kick-off 7.45pm). 11.00 Boots  
'n' All 11.15 NFL: Total Access  
12.15 Total Rugby 12.45 European  
Tour Weekly 1.15 Poker 2.15 Poker  
3.15 Sports Unlimited 4.15 Close

**Sky Sports 3**

10.30 Challenge Tour Golf 11.30  
Aerobics Oz Style 11.30 Racing  
News 12.00 Sports Unlimited 1.00  
NFL: Total Access 2.00 Pipeline  
Adventures 2.30 Motor Racing 3.00  
Premier League Years 5.00 WWE:  
Bottom Line 6.00 WWE: Afterburn  
7.00 Total Rugby 7.30 Live Cricket.  
Hampshire Hawks v Sussex Sharks.  
10.00 Transworld Sport 11.00 Ten

**Pin Bowling 12.00 Boots 'n' All 1.00**

**Transworld Sport 2.00 Close**

**British Eurosport**

5.15 Live Olympic Cycling. The  
women's individual time-trial. 6.00  
Olympic News Nihao 6.15 Olympic  
Swimming 7.15 Olympic News Nihao  
7.30 Live Olympic Diving. The men's  
3m synchronised springboard final.  
8.30 Live Olympic Cycling. The  
men's individual time-trial. 10.00  
Olympic Rowing 10.30 Olympic  
Swimming 11.30 Live Olympic  
Swimming. The latest men's and  
women's qualifying heats. 2.30  
Olympic Weightlifting 3.00 Live  
Olympic Volleyball. Poland v Japan.  
4.00 Mission to Beijing Live 4.15  
Live Olympic Volleyball. Poland v  
Japan. 5.00 Olympic Diving 5.45  
Olympic Artistic Gymnastics 6.30  
Beijing Express 7.30 Mission to  
Beijing 7.45 Olympic Swimming 9.00  
Olympic Diving 10.00 Beijing  
Express 11.00 Olympic Football  
12.00 Olympic Artistic Gymnastics  
12.45 Olympic Diving 1.30 Olympic  
Swimming 3.00 Live Olympic  
Swimming. Coverage of four finals  
from Beijing.

**Sky Sports Xtra**

3.00 Sports Unlimited 4.00 Pipeline  
Adventures 4.30 Aerobics Oz Style  
5.00 Irish Greyhound Racing 5.30  
FIFA Futbol Mundial 6.00 Clipper  
Around The World Yacht Race 6.30  
Ten Pin Bowling 7.30 European Tour  
Weekly 8.00 Boots 'n' All 9.00  
Watersports World 10.00  
Championship Gaming Series 11.30  
Clipper Around The World Yacht Race  
12.00 Max Power 1.00 Pipeline  
Adventures 1.30 Irish Greyhound  
Racing 2.00 Clipper Around The World  
Yacht Race 2.30 Championship  
Gaming Series 4.00 Close





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THU

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14 AUG

## BBC1

6.00 Olympic Breakfast. Artistic gymnastics, rowing, boxing, canoe-kayak slalom and sailing. (T) 9.00 Olympics 2008. Rowing, canoe-kayak slalom, sailing, archery, judo and swimming. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Swimming, boxing, weightlifting, badminton, tennis, hockey and artistic gymnastics. Continues on BBC2. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News; Weather. (T)

7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from the sixth day of competition in Beijing. The men's artistic gymnastics all-around individual final at the National Indoor Stadium features, along with the latest round of swimming finals at the National Aquatics Centre, including the men's 200m breaststroke and 100m freestyle, and the women's 200m butterfly and 4x200m freestyle relay. Plus, a look ahead to start of the athletics schedule. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Peggy is concerned when Archie expresses doubts about a spring wedding and Sal is on the warpath determined to make her see sense. Max seeks revenge when he realises Jack plans to move in with Tanya. Tamwar and Libby open their AS results with trepidation, and Wellard causes anxiety. (T)

8.30 Rogue Restaurants. Matt Allwright and Anita Rani take the team undercover to investigate allegations of poor hygiene in two of London's Indian restaurants. The discovery of what appear to be rodent droppings is just one of the possible health violations that could have serious repercussions for the dining public. (T)

9.00 Traffic Cops. The officers deal with a speeding driver who has careered off the road and smashed into the roof of a house. Though the motorist is fortunate to have escaped with his life, he's landed in a heap of trouble with the traffic cops, who suspect the incident was a case of road rage gone too far. Jamie Theakston narrates. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 FILM: On a Clear Day (2005). Premiere. Franta, starring Peter Mullan; (T)

12.15 BBC News. (T) 1.50 Olympics 2008. Athletics, swimming and artistic gymnastics. (T)



## BBC2

6.00 CBeebies: TikkaBilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder. (R) (T) 7.10 Lunar Jim. (R) (T) 7.30 Little Robots. (R) (T) 7.30 The Koala Brothers. (R) (T) Tweenies Songtime. (R) (T) 7.45 Sesame Tree. (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 Dennis the Menace. (R) (T) 8.35 Freetonix. (R) (T) 9.00 Raven. (R) (T) The Owl. (R) (T) 9.30 The Revenge Files of Alistair Fury. (R) (T) 10.00 Get 100. (R) (T) 10.30 Cash in the Attic. (R) (T) 11.15 Bargain Hunt. (R) (T) 12.00 Olympics 2008. Swimming heats and boxing preliminaries. Continues on BBC1. (T) 12.45 Double Agents. (T) 1.15 Diagnosis Murder. (R) (T) 2.00 Murder, She Wrote. (R) (T) 2.45 Flog It! (T) 3.15 CBeebies: Finley the Fire Engine. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Skunk! Ful (R) (T) 4.05 Best of Friends. (R) (T) 4.35 Hide in the House. (R) (T) 5.00 Newsworld. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheds. (R) (T) 7.00 Who Do You Think You Are? Patsy Kensit traces her ancestry. (R) (T) 8.00 Would Like to Meet Again. New series. Revisiting the original singles. (T) 8.30 Dr Alice Roberts: Don't Die Young. The roles of the ear, nose and throat in the human body. (R) (T) 9.00 Mock the Week. With David Mitchell and Adam Hills. (T) 9.30 Lab Rats. The university's weather system goes haywire. Last in series. (T) 10.00 Never Mind the Buzzcocks. With guests Keith Chegwin and Rich Fulcher. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.20 The Edinburgh Festival Show. (T) 12.05 Two Pints of Lager and a Packet of Crisps. (T) 12.35 How I Met Your Mother. (R) (T) 1.00 How I Met Your Mother. (R) (T) 1.20 Sign Zone: Panorama. (R) (T) 1.50 Sign Zone: John Barrowman: The Making of Me. (R) (T) 2.50 Sign Zone: River Police. (R) (T) 3.20 Sign Zone: CountryLife. (R) (T) 4.15 Sign Zone: Celebrity MasterChef. (R) (T) 4.45 BBC News. (T)

## Pick of the Day

**Gok's Fashion Fix (Channel 4, 8.00pm)**

For the past couple of months Gok Wan and Alexa Chung have been leading a campaign to prove that high-street brand clothes can look just as stylish and feel just as comfortable as designer-label merchandise. But now they're calling time on the series and they have just one more chance to get their message across. Here Gok comes face to face with four label-obsessed fashionistas who are doing their part, sticking up for the higher-priced end of the wardrobe. The style expert picks out some of the best trends from the coming autumn/winter range, while his counterparts splash the cash on pricey designer gear. With £800 to spend on four inspirational looks for autumn, which will prove victorious, price or prestige? Plus, singer Jamella joins Gok for a spot of retail therapy in her hometown of Birmingham to talk about designer shoes, while he takes a look through her drawers in this week's Dirty Laundry. And, after seven weeks of scouring the country, Gok presents the grand finale as eight finalists compete to be crowned Street Style Icon of the Year.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (T) 8.00 Big Brother. (R) (T) 9.10 T4: Friends. (R) (T) 9.45 T4: Friends. (R) (T) 10.15 T4: The Shipwrecked Postcard from T4 on the Beach 2008. (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Desperate Housewives. (R) (T) 1.50 Desperate Housewives. (R) (T) 2.45 Countdown. (R) (T) 3.30 A Place by the Sea. (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 Bright New Wonders. Showcasing new creative talent. (T) 8.00 Gok's Fashion Fix. The designer creates four stylish autumn-winter outfits for less than #800 and takes pop star Jamella for a spot of retail therapy. Plus, the Street Style icon of the Year is revealed. Last in series. (T) 9.00 Big Brother. The past 24 hours in the house. (T) 10.00 The Charlotte Church Show. The singer is joined by boxer Ricky Hatton, with music by Beth Rowley. Plus, more hidden-camera fun with CCTV - Charlotte Undercover. (T) 10.45 My Name Is Earl. (T) 11.15 Tonightly. (T) 11.45 The Kevin Bishop Show. (R) (T) 12.15 The Shooting Party. (R) (T) 12.50 4Music: Vintage V. (T) 12.55 4Music: Ibiza Rocks. (T) 1.25 4Music: Road to V 2008. (R) (T) 1.35 Big Brother Live. 4.05 FILM: Marjorie Morningstar (1958). Romantic drama, starring Natalie Wood. (T)

## FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 Funky Valley. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.40 Funky Valley. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (T) 3.10 FILM: Hostile Advances: The Kerry Ellison Story (1996). Fact-based drama, starring Rena Sofer. (T) 5.00 five news with Natasha Kaplinsky. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news with Natasha Kaplinsky. (T) 7.30 How Do They Do It? New series putting modern technology under the microscope; (T) 7.30 five news update. (T) 8.00 Ken Dodd's Comedy Heroes. The funnyman discusses his influences; (R) (T) 8.00 five news at 9. 9.00 The Hotel Inspector. Transforming a failing guesthouse in Folkestone. Last in series. (T) 10.00 Grey's Anatomy. Part one of two. Addison visits an old friend in Los Angeles. (T) 11.05 My Strange Brain. (T) 12.05 Quiz Call. 4.00 Major League Soccer. (R) 4.45 Nick's Quest. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (R) (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Rodney grows tired of all the problems his book is causing and decides to throw it away, but when Nicola retrieves it he decides to burn it instead. Viv asks the villagers to help create a mock trial to prepare her for the real thing, and Pearl and Edna continue to argue about the quilt-making competition. (T)

7.30 Death on Our Streets: Stop the Violence. In the wake of the rise in youth killings, a special edition of The London Programme visits New York to discover what steps have been taken there to combat gang-related violence. (T)

8.00 The Bill. Part one of two. Posing as a dockyard worker, Max sets up the arrest of Pete Monks and Tom Harris for stealing DVD players, but the operation is held up by Intelligence Officer Karen Lacey. She reveals the Monks gang have been under surveillance for months and a big consignment of cocaine is due to arrive at any time, providing a unique opportunity to nail crime kingpin Dave Monks (played by guest star Shaun Williamson). Concludes on Wednesday. (T)

9.00 Harley Street. Martha and Robert face one of their most challenging cases to date, where a patient's life or death rests in their hands. Ekkow helps a patient comes to terms with her facial injury. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 London Ambulance. The first in a new series sees cameras back on call with the London Ambulance Service. Emergency Medical Technician Andy Breeden and Paramedic Diane Monk are called to help a man who has been trapped by a collapsed wall. Plus, a crew deal with a three-year-old boy who has fallen from a climbing frame. (T)

11.10 Soundtrack to My Life. With the members of Crowded House. (T)

11.40 The Goodwood Festival of Speed. The first of a two-part celebration of motor racing from its beginnings to the present sees Chris Evans meet Lewis Hamilton and a tribute to the classic Gulf Porsche Le Mans cars. (T)

12.10 Bingo Night Live. 1.10 Motorsport UK. 1.35 Winter Solstice. (R) (T) ITV News Headlines. 3.10 The Jeremy Kyle Show. (R) (T) 4.05 ITV Nightscreen. (R) (T)

## LOCAL Best of the Rest

**RTP1**

0630 Bom Dia Portugal 1000  
Praça da Alegria 1300 News  
1415 Prova de Amor 1530  
Portugal no Coração 1800  
Portugal em Directo 1905 O  
Preço Certo 2000 News 2100  
Grande Entrevista 2145 Quem  
Quer Ser Milionário 2245 Sal  
na Língua 2315 Ladybugs, film  
0145 Tsunami, film 0400  
Portugal no Coração 0605 Nôs

**RTP2**

0600 Euronews 0715 Zig Zag  
1300 Entre Pratos 1400  
Sociedade Civil 1530 Consigo  
1600 National geographic 1700  
Zig Zag 1830 A Fé dos Homens  
1900 Iniciativa 1945 Zig Zag  
2045 Friends 2115 National  
Geographic 2200 News 2240  
Bones 2330 Balança & Contas  
0030 Noites das 2 0115  
Universidades 0145 Iniciativa  
0230 Liga dos Últimos 0315  
Sociedade Civil 0445 Euronews

**SIC**

0600 Six Notícias 0900 Dia Em  
Grande 1000 Fátima 1300 News  
1415 Terra Nostra 1545  
Contacto 1800 Beleza Pura  
1900 Sete Pecados 2000 News  
2130 Clube Portugal 2215  
Ciranda de Pedra 2300 Desejo  
Roibido 2345 Duas Caras 0045  
CSI Las Vegas 0145 Cartaz  
Cultural 0230 Quando o  
Telefone Toca 0415 Final  
Descent, film

**TVI**

0700 Diário Da Manhã 1000  
Vôcê na TV 1300 News 1400  
Tarde de Julia 1700 Quem Quer  
Ganha 1800 Morangos Com  
Açúcar 2115 Ilha dos Amores  
2215 Desejo Fugitiva 2300 Tu e  
Eu 0100 Escritório 0230 Cartaz  
das Artes 0230 Affie, film 0445  
Telesales

**BBC3**

7.00 Doctor Who 7.45 Doctor  
Who Confidential 8.00 The  
Real Hustle Las Vegas 8.30  
The Real Hustle Las Vegas  
9.00 Britain's Really Disgusting  
Foods 10.00 EastEnders 10.30  
Touch Me, I'm Karen Taylor  
11.00 Family Guy 11.25 Family  
Guy 11.45 Britain's Really  
Disgusting Foods 12.45 The  
Real Hustle Las Vegas 1.15  
The Real Hustle Las Vegas  
1.45 Touch Me, I'm Karen Taylor  
2.15 I'm Kylie's Body Double  
3.10 Britain's Missing Top  
Model 4.10 Close  
**BBC4**  
7.00 World News Today 7.00  
Weather 7.30 Proms on Four  
2008 9.20 High Culture for All  
in Post-War Britain 10.00  
Maestro 11.30 BBC Four  
Sessions 12.30 Real Life on  
Mars 1.30 High Culture for All  
in Post-War Britain 2.10 Proms  
on Four 2008 4.00 Close  
**ITV2**  
1.00 Airline USA 1.30 The  
Jeremy Kyle Show 2.35 The  
Jeremy Kyle Show 3.45 Ricki  
Lake 4.30 Sally Jessy Raphael  
5.20 The Montel Williams Show  
6.05 Judge Judy 7.00 Xtra  
Factor: The Winner's Story  
8.00 Trinny and Susannah  
Undress the Nation 9.00 Film:  
Be Cool 12 (2005) 11.15 Secret  
Diary of a Call Girl 11.45 Secret  
Diary of a Call Girl 12.15 101  
Sexiest Celebrity Bodies 1.15  
Teleshopping 4.15 **ITV2**  
Nightscreen  
**Sky One**  
1.00 Relic Hunter 2.00 Stargate  
SG-1 3.00 Stargate SG-1 4.00  
Stargate Atlantis 5.00  
Futurama 5.30 Malcolm in the

Middle 6.00 Malcolm in the  
Middle 6.30 The Simpsons  
7.00 The Simpsons 7.30 The  
Simpsons 8.00 The Simpsons  
8.30 The Simpsons 9.00 Bones  
10.00 Mums Who Leave Their  
Kids 11.00 Road Wars 12.00  
Road Wars 1.00 Street Wars  
1.50 Weeds 2.25 Miami  
Uncovered 3.20 Brainiac:  
Science Abuse 4.15 Relic  
Hunter 5.10 Guilty!  
**UKTV Gold**  
1.20 Last of the Summer Wine  
2.00 Only Fools and Horses  
3.05 The Two Ronnies 4.00  
Doctor Who 5.00 Open All  
Hours 5.40 My Family 6.20  
The Good Life 7.00 Last of  
the Summer Wine 7.40  
Keeping Up Appearances 8.20  
My Family 9.00 Only Fools  
and Horses 10.05 The Good  
Life 10.45 A Bit of Fry and  
Laurie 11.25 Two Pints of  
Lager and a Packet of Crisps  
12.05 The Two Ronnies 1.00  
The New Adventures of Old  
Christine 1.30 A Bit of Fry and  
Laurie 2.05 2point4 Children  
2.35 Two Pints of Lager and  
a Packet of Crisps 3.05  
Baywatch 3.50 The Bill 4.45  
EastEnders 5.15 Neighbours  
5.35 Neighbours  
**TCM**  
1.00 Clarissa 3.00 Ten  
Thousand Bedrooms PG  
(1957) 5.05 Come Fly with Me  
U (1969) 6.55 The Last Time  
I Saw Paris U (1954) 9.00  
Fame 15 (1980) 11.20 Demon  
Seed 15 (1977) 1.00 Wild  
Rovers 15 (1971) 3.10  
Yolanda and the Thief U (1945)  
5.00 The Wind U (1928)  
**The Disney Channel**  
Kids' programmes from 7am,  
except:

**Sky Movies Drama**

6.20 The End of Eden PG (1996)  
8.00 David Duchovny Q&A 8.30  
Tom Horn 15 (1979) 10.15 The  
Neighbor 12 (2008) 11.55 Columbo  
Cries Wolf PG (1990) 10.45 My Name  
Is Earl. 1.35 Up Close and Personal  
15 (1996) With Michelle Pfeiffer.  
3.50 Drama Close Up 4.20 How to  
Make an American Quilt 12 (1995)  
With Winona Ryder. 6.20 The  
Lake House PG (2006) With Sandra  
Bullock. 8.00 Meet Joe Black 12  
(1998) With Brad Pitt. 11.00  
Friends with Money 15 (2006)  
With Jennifer Aniston. 12.30 The  
Cotton Club 15 (1984) With Richard  
Gere. 2.40 The Girl Next Door 15  
(1998) With Sharon Gless. 4.20  
Ice Bound PG (2003)

**Sky Movies Comedy**

6.25 The Most Fertile Man in  
Ireland 15 (1999) 8.05 School  
Daze 18 (1988) 10.10 Aquamarine  
PG (2006) 11.55 Stop! Or My Mom  
Will Shoot PG (1992) With  
Sylvester Stallone. 1.25 Employee  
of the Month 12  
(2006) With Dane  
Cook. 3.20  
Tenacious D in The  
Pick of Destiny 15  
(2006) With Jack  
Black. 5.00 Farce of  
the Penguins 15  
(2006) With Samuel  
L. Jackson. 6.30  
Stop! Or My Mom  
Will Shoot PG (1992)  
With Sylvester  
Stallone. 8.00  
Employee of the  
Month 12 (2006)  
With Dane Cook. 10.00  
Tenacious D in The  
Pick of Destiny 15

(2006) With Jack Black. 11.40  
Farce of the Penguins 15 (2006)  
With Samuel L. Jackson. 1.05  
School Daze 18 (1988) With  
Laurence Fishburne. 3.10 The  
Most Fertile Man in Ireland 15  
(1999) 4.50 Aquamarine PG  
(2006)

**Sky Movies Action**

6.35 The Gingerbread Man 15  
(1997) 8.40 Miami Vice 15 (2006)  
10.55 Rocky IV PG (1985) 12.35  
UltraViolet 15 (2006) With Milla  
Jovovich. 2.25 The Grissom Gang  
18 (1971) With Scott Wilson. 4.45  
The Gingerbread Man 15 (1997)  
With Kenneth Branagh. 6.50 187  
15 (1997) With Samuel L. Jackson.  
9.00 The Last Boy Scout 18  
(1991) With Bruce Willis. 11.00  
Conspiracy Theory 15 (1997) With  
Mel Gibson. 1.25 To Live and Die  
in LA 18 (1985) With Willem Dafoe.  
3.30 Mean Guns 18 (1997) 5.20  
Rocky IV PG (1985)



## SPORT

**Sky Sports 1**

6.00 Good Morning Sports Fans 9.00  
Boots 'n' All 10.00 European Tour  
Weekly 10.30 Live European Tour Golf.  
The SAS Masters. 12.30 Total Rugby  
1.00 FIFA Futsal Mundial 1.30 Carling  
Cup Football 3.00 Total Rugby 3.30 Live  
European Tour Golf. The SAS Masters.

5.30 FIFA Futsal Mundial 6.00 Premier  
League World 6.30 Cesc Fàbregas  
Show 7.00 It's A Wonderful Run By  
Giggs 8.00 Sir Alex: The First Interview  
9.00 Premier League Stars 11.00  
Premier League Team of the Season  
12.30 Live NFL Buffalo Bills v Pittsburgh  
Steelers

**Sky Sports 2**

6.00 Aerobics Oz Style 6.30 Pipeline  
Adventures 7.00 WWE. Experience  
8.00 Watersports World 9.00 Pipeline  
Adventures 9.30 Irish Greyhound  
Racing 10.00 Total Rugby 10.30 Live  
International One Day Cricket. England  
Under-19s v New Zealand Under-19s.  
6.30 ATP Tennis 7.00 AIAF. AIAF  
Weekly 7.30 Golf Night 9.30 ATP  
Tennis 10.00 Live Poker. Coverage of  
the online Sky Poker Five-Outcome  
12.00 Premier League World 12.30 It's  
A Wonderful Run By Gigs 1.30 Sir  
Alex: The First Interview 2.30 Premier  
League Stars 4.30 Premier League  
Team of the Season

**Sky Sports 3**

7.30 Clipper Around The World Yacht  
Race 8.00 Transworld Sports 9.00 Premier  
League Stars 11.00 Aerobics Oz Style  
11.30 Racing News 12.00 Clipper Around  
The World Yacht Race 12.30 Irish  
Greyhound Racing 1.00 NFL: Total  
Access 2.00 Pipeline Adventures 2.30  
Irish Greyhound Racing 3.00 Premier  
League Stars 5.00 WWE Vintage  
Collection 6.00 WWE Wrestling Special

7.00 The Dogs 7.30 Live Rugby League.  
Sheffield Eagles v Widnes Vikings  
(Kick-off 7.30pm). 9.30 WWE: Late  
Night-Raw 11.30 Extreme Championship  
Wrestling 12.30 WWE Wrestling Special  
1.30 Rugby League 3.30 The Dogs 4.00  
Poker

**British Eurosport**

5.00 Olympic News Nihao 5.15 Live  
Olympic Artistic Gymnastics. The men's  
individual all-around final. 6.30 Olympic  
News Nihao 6.45 Olympic Swimming  
8.15 Olympic News Nihao 8.30 Live  
Olympic Rowing. The men's and  
women's semi-finals. 9.45 Live Olympic  
Canoeing. Coverage of the remaining  
slalom finals. 10.45 Olympic Swimming  
11.30 Live Olympic Swimming. C145  
Live Olympic Handball. France v Croatia.  
3.15 Live Olympic Basketball. Argentina  
v Croatia. 4.00 Mission to Beijing Live  
4.15 Live Olympic Basketball. Argentina  
v Croatia. 5.00 Olympic Artistic  
Gymnastics 6.30 Beijing Express 7.30  
Mission to Beijing 7.45 Olympic  
Swimming 8.45 Olympic Artistic  
Gymnastics 10.00 Beijing Express  
11.00 Olympic Swimming 12.15 Olympic  
Rowing 1.00 Olympic Artistic  
Gymnastics 2.00 Live Olympic Athletics  
3.00 Live Olympic Swimming 4.00  
Olympic News Nihao 4.45 Live Olympic  
Artistic Gymnastics

**Sky Sports Xtra**

11.00 Carling Cup Football 12.30 Pipeline  
Adventures 1.00 European Tour Golf  
3.00 Boots 'n' All 4.00 Pipeline  
Adventures 4.30 Aerobics Oz Style  
5.00 NFL: Total Access 6.00 Pipeline  
Adventures 6.30 Show Jumping 7.00  
Race World 8.00 British Motorsport  
Championship 9.00 The Dogs 9.30  
Show Jumping 10.00 Championship  
Gaming Series 11.30 NFL: Total Access  
12.30 Golf Night 2.30 Championship  
Gaming Series 4.00 Close





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FRI

## BBC1

6.00 Olympic Breakfast. Artistic gymnastics, boxing, athletics and swimming. (T) 9.00 Olympics 2008. Including track cycling and swimming. Continues on BBC2. (T) 12.00 BBC News; Weather. (T) 12.30 Regional News. (T) 12.45 Olympics 2008. Including athletics, swimming and boxing. (T)

5.15 Weakest Link. Anne Robinson hosts the dog-eat-dog quiz in which contestants answer questions as a team, banking the jackpot money and eliminating the poorest players as they go. (R) (T)

6.00 BBC News; Weather. (T)  
6.30 Regional News Programmes; Weather. (T)  
7.00 Olympics 2008: Games Today. Gabby Logan introduces highlights from Beijing, including the opening day of athletics at the National Stadium and the latest swimming finals from the National Aquatics Centre. Heptathlete Kelly Sotherton is one of Britain's best medal hopes, especially in the absence of defending champion Carolina Klüft of Sweden, and will hope to top the leaderboard following the 100m hurdles, high jump, shot put and 200m. In the pool, medals are decided in the men's 200m backstroke, 200m individual medley and the women's 200m breaststroke and 100m freestyle. Digital viewers can access additional interactive highlights; (T) BBC News; Regional News. (T)

8.00 EastEnders. Bianca grows concerned for Wellard's health and rushes him to the vet. Ricky feels stressed looking after the kids and Ronnie thinks she's found a way to hurt Archie. (T)  
8.30 DIY SOS. Nick Knowles and the crew visit Wolverhampton to turn a garage into a gallery kitchen, a project intended to create more room for a growing family. (T)

9.00 Would I Lie to You? Celebrity guests Michael Buerk, Russell Howard, Anton du Beke and Danny Baker join team captains David Mitchell and Lee Mack to dupe their opponents with plausible lies. (T)  
9.30 The Armstrong & Miller Show. The politically incorrect sat-nav gives a hapless driver its frank views on the state of the nation. Comedy sketch show, starring Alexander Armstrong and Ben Miller. (R) (T)

10.00 BBC News. (T)  
10.25 Regional News; Weather. (T)  
10.35 Comedy Connections. The secrets of classic comedy show Rab C Nesbitt, including why the working-class philosopher wore a string vest. Lead actor Gregor Fisher and writer Ian Pattison contribute. (T)

11.15 The National Lottery EuroMillions Draw. Tim Vincent presents coverage of the National Lottery EuroMillions weekly draw. (T)  
11.20 FILM: Diabolique (1996). Thriller, starring Sharon Stone. (T) Weatherview. (T)

1.10 BBC News. (T) 1.50 Olympics 2008. Featuring athletics and swimming. (T)



## BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) 7.00 Bob the Builder: Project Build It. (R) (T) 7.10 Lunar Jim. (R) (T) 7.20 Little Robots. (R) (T) 7.30 The Koala Brothers. (R) (T) 7.45 Sesame Tree. (R) (T) 8.00 CBBC: Watch My Chops. (R) (T) 8.10 Dennis the Menace. (R) (T) 8.35 Freefonix. (T) 9.00 Raven. (R) (T) The Owl. (R) (T) 9.30 The Reverse Files of Alistair Fyfe. (R) (T) 10.00 Get 100. (R) (T) 10.30 Cash in the Attic. (R) (T) 11.15 Bargain Hunt. (R) (T) 12.00 Olympics 2008. Athletics, swimming, judo and boxing. Continues on BBC1. (T) 12.45 Double Agents. (T) 1.15 Diagnosis Murder. (R) (T) 2.00 Murder, She Wrote. (R) (T) 2.45 Flog It! (T) 3.15 CBeebies: Finley the Fire Engine. (R) (T) 3.25 CBBC: Arthur. (R) (T) 3.50 Uncle Max. (T) 4.05 Best of Friends. (R) (T) 4.35 Sorry, I've Got No Head. (T) 5.00 Newsround. (T) 5.15 Olympics 2008. (T) 6.00 Battle of the Brains. (T) 6.30 Eggheads. (R) (T) 7.00 The Real Monarch of the Glen. New series. A millionaire's plans for a nature reserve in Sutherland. (T) 7.30 Return to the Cruise. The crew continue to reminisce. Last in series. (T) 8.00 Gardeners' World. Joe prepares his allotment for when he is on holiday. (T) 9.00 The Tudors. The King eagerly awaits the birth of his promised son. (T) 9.50 Coast. The historic coast of Wales. (T) 10.00 QI With to Brand, Howard Goodall and Jeremy Hardy. (R) (T) 10.30 Newsnight. (T) Weather. (T) 11.00 BBC Four Sessions: Van Morrison. (T) 12.00 Star Trek: The Next Generation. (R) (T) 12.50 Star Trek: The Next Generation. (R) (T) 1.35 Sign Zone: Britain from Above. (R) (T) 2.35 Sign Zone: Britain from Above. (R) (T) 3.05 Sign Zone: Francesco's Mediterranean Voyage. (R) (T) 3.35 Sign Zone: Francesco's Mediterranean Voyage. (R) (T) 4.05 How I Met Your Mother. (R) (T) 4.30 How I Met Your Mother. (R) (T) 4.50 BBC News. (T)

### The Tudors (BBC2, 9.00pm)

Anyone who has been glued to this gorgeous-looking historical epic might, by now, have forgiven the creators for casting Jonathan Rhys Meyers as Henry VIII. He's not a thickest chap, nor does he sport the monarch's famous flaming hair. But boy does the Irish then have the legendary king's passion down pat. His performance as the quicksilver ruler has had us on the edge of our seats from the opening credits of episode one, but in this edition, his temper gets the better of him again. The agonising wait for a decision over his marriage to Katherine of Aragon tries Henry's patience to the limit, and in defiance of the Catholic Church, he makes seductive mistress Anne Boleyn his wife. She's triumphant — despite their wedding taking place in secret — and before long, Katherine is banished. Now all eyes in the bitterly divided court turn to the King's new wife and her swelling belly as the much-longed-for male heir grows. As Anne retires to her chambers to prepare for the birth of her and Henry's baby, she knows her future hangs on her producing a son. However, when the dust settles, the King must bite his tongue as he greets his baby daughter for the first time. Natalie Dormer, Jeremy Northam and Peter O'Toole are among the dazzling cast.

## C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Everybody Loves Raymond. (R) (T) 7.30 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.10 T4: Friends. (R) (T) 9.45 T4: Friends. (R) (T) 10.15 T4: Sam Sparro's Postcards from T4 on the Beach 2008. (T) 10.30 T4: Friends. (R) (T) 11.00 T4: Beauty & the Geek. (T) 12.00 News at Noon. (T) 12.30 Will & Grace. (R) (T) 1.00 Desperate Housewives. (R) (T) 1.50 Desperate Housewives. (R) (T) 2.45 Countdown. (R) (T) 3.30 A Place by the Sea. (T) 4.30 Come Dine with Me. (R) (T) 5.00 Richard & Judy. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 The Murder of Billie-Jo: Sion Jenkins' Story. A personal perspective on the murder of Billie-Jo Jenkins. (T) 8.00 A Place in the Sun: Home or Away. Manchester's nightlife versus the charms of southern Spain. (T) 9.00 Big Brother. The results of the eviction are announced. (T) 10.00 The Kevin Bishop Show. Comedy sketches. Victorian serial killer Jack the Ripper has a flatulence problem, and the fictional boy wizard finds his perfect woman in When Harry Potter Met Sally. (T) 10.35 Big Brother. (T) 11.10 Tonight. (T) 11.40 Coming Up: Emo. (T) 12.10 Transmission. (T) 1.10 Bullrun: Cops, Cars and Superstars. (T) 1.40 Big Brother Live. 4.15 Goalissimo. (R) (T) 5.10 Transworld Sport. (R) (T)

## FIVE

6.00 Milkshake!: The Beeps. (R) (T) 6.10 Pocoyo. (R) (T) 6.20 Franny's Feet. (R) (T) 6.30 Harry and His Bucket Full of Dinosaurs. (R) (T) 6.45 Big School. (R) (T) 6.55 The Milkshake! Show. (R) (T) 7.20 Funky Valley. (R) (T) 7.25 Roary the Racing Car. (R) (T) 7.40 Funky Valley. (R) (T) 7.45 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerets. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Little Princess. (R) (T) 8.50 Roobarb and Custard Too. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (R) (T) 11.30 Michaela's Zoo Babies. (R) (T) 12.30 five news. (T) 12.45 House. (R) (T) 1.45 Neighbours. (T) 2.15 Medical Investigation. (R) (T) 3.10 FILM: The Baby Dance (1998). Emotional drama, starring Stockard Channing. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Michaela's Zoo Babies. (T) 7.00 five news. (T) 7.30 Brits Who Made the Modern World. The designers who devised the Harrier jump jet; (T) 7.30 five news update. (T) 8.00 Superstars. The last qualifying round before the final sees Steve Redgrave's dominant White team take on Roger Black's Yellows. This week's signature event is archery; (T) 8.00 five news at 9.00 NCIS. Ducky identifies the dismembered bodies of two colleagues. (R) (T) 10.00 Law & Order: Special Victims Unit. The team uncover a smuggling and prostitution ring. (T) 11.00 Law & Order. (R) (T) 12.00 Quiz Club. 4.30 Lemur Island. (R) (T) 5.10 Everybody Hates Chris. (R) (T) 5.35 Neighbours. (R) (T)

## LOCAL

**RTP1**  
630 Bom dia Portugal 1000  
Dia do Mar 1300 News 1530  
Dia do Mar 1800 Portugal em Directo 1905 O Preço Certo  
2000 News 2100 é Agora  
2130 Liga dos Últimos 2345  
11-11 film 0345 Euronews  
0400 Portugal No Coração

**RTP2**  
0700 Euronews 0715 Zig Zag  
1300 Entre Pratos 1400  
Sociedade Civil 1530  
Consigno 1600 National Geographic 1700 Zig Zag  
1830 A Fé dos Homens 1900  
Iniciativa 1945 Zig Zag 2045  
Friends 2115 National Geographic 2200 News 2240  
Bones 2330 Balanço & Contas 0030 Noites da 2  
0115 Universidades 0145  
Iniciativa 0230 Liga dos Últimos 0315 Sociedade Civil 0445 Euronews

**SIC**  
0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Terra Nostra 1545 Contacto 1800 Beleza Pura 1900 Sete Pecados 2000 News 2200 Ciranda de Pedra 2324 Desejo Proibido 2330 Duas Caras 0030 CSI Las Vegas 0130 CSI Miami 0230 Quando o Telefone Toca 0400 Squanto, A Warriors Tale, film

**TVI**  
0700 Diário Da Manhã 1000  
Vôcê na TV 1300 News 1400  
Mundialito de Futebol de Praia 1700 Quem Quer Ganhar 1745  
Morangos com Açúcar 1900  
News 2115 Euronews 2130  
Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0030  
Rambo III, film

## Best of the Rest

**BBC3**  
7.00 Top Gear 8.00 Olympic Football 9.00 Football Gaffes Galore 10.00 EastEnders 10.30 Two Pints of Lager and a Packet of Crisps 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Family Guy 11.55 Family Guy 12.15 How Not to Live Your Life 12.40 Touch Me, I'm Karen Taylor 1.15 Football Gaffes Galore 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Two Pints of Lager and a Packet of Crisps 3.10 How Not to Live Your Life 3.40 Touch Me, I'm Karen Taylor 4.10 Close

**BBC4**  
7.00 World News Today 7.00 Weather 7.30 BBC Proms 2008 9.30 A Seaside Parish 10.00 The Verve at Glastonbury 11.00 Black Power Salute 12.00 The Avengers 12.50 The Avengers 1.40 The Verve at Glastonbury 2.40 BBC Proms 2008 4.40 Close

**ITV2**  
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Monty Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 The Xtra Factor: One Year On 9.00 America's Got Talent 11.00 Film: The Grudge 15 (2004) 12.50 Coronation Street 1.20 Coronation Street 1.50 Bionic Woman 2.35 Teleshopping 5.35 ITV2 Nightscreen

**Sky One**  
1.00 Relic Hunter 2.00 Family SG-1 3.00 StarGate SG-1 4.00 StarGate Atlantis 5.00 Futurama 5.30 Malcolm in the Middle 6.00 Malcolm in the Middle 6.30 The Simpsons 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons

9.00 Film: Stargate: Continuum PG (2008) 11.00 Street Wars 12.00 Road Wars 1.00 Road Wars 1.50 Weeds 2.25 Miami Uncovered 3.20 Brainiac: Science Abuse 4.15 Relic Hunter 5.10 Guilty! UKTV Gold 1.20 Last of the Summer Wine 2.00 Only Fools and Horses 3.00 The Two Ronnies 4.00 Doctor Who 5.00 Open All Hours 5.40 My Family 6.20 The Good Life 7.00 Last of the Summer Wine 7.40 Keeping Up Appearances 8.20 My Family 9.00 Only Fools and Horses 10.05 The Good Life 10.40 French and Saunders 11.20 Two Pints of Lager and a Packet of Crisps 12.00 The Two Ronnies 12.55 The New Adventures of Old Christine 1.25 French and Saunders 2.00 2point4 Children 2.30 Two Pints of Lager and a Packet of Crisps 3.00 Baywatch 3.55 The Bill 4.40 EastEnders 5.10 Neighbours 5.35 Neighbours

**TCM**  
1.00 Clarissa 3.00 The Tender Trap PG (1955) 5.00 Hot Millions U (1968) 7.00 The Honeymoon Machine PG (1961) 8.30 The Screening Room 9.00 Reckless 18 (1984) 10.40 Hell is for Heroes 12 (1962) 12.25 Guns for San Sebastian PG (1968) 2.15 Village of the Damned 12 (1960) 3.35 Parlor, Bedroom and Bath U (1931) 5.00 Lost in a Harem U (1944)

**The Disney Channel**  
Kids' programmes from 7am, except: 6.00 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Dolley. 10.00 Film: Minutemen PG (2008) Sci-fi comedy, starring Jason Dolley.

### Sky Movies Drama

6.00 Miracle in the Woods PG (1997) 7.40 Firelight 15 (1997) 9.30 The Top 10 Show 9.45 La Bamba 15 (1987) 11.45 14 Hours 12 (2005) With Rick Schroder. 1.20 Drama Close Up 1.50 Hometown Legend PG (2002) With Terry O'Quinn. 3.40 All the President's Men 15 (1976) With Robert Redford. 6.00 Ask the Dust 15 (2006) With Salma Hayek. 8.00 Flags of Our Fathers 15 (2006) With Ryan Phillippe. 10.15 Casino 18 (1995) With Robert De Niro. 1.25 Forgotten Sins 15 (1998) With William Devane. 3.05 Baby It's You 15 (1983) 5.05 Christmas on Chestnut Street PG (2006)

### Sky Movies Comedy

6.40 Bad Manners 15 (1997) 8.15 You Don't Mess with the Zohan Special 8.30 Ever After: A Cinderella Story PG (1998) 10.35 Stakeout 15 (1997) 12.35 Blades of Glory 12 (2007) With Will Ferrell. 2.10 Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan 15 (2006) With Sacha Baron Cohen. 3.40 Ever After: A Cinderella Story PG (1998) With Drew Barrymore. 5.45 You Don't Mess with the Zohan Special 6.00 Stakeout

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

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## Pick of the Day

15 AUG

## ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 60 Minute Makeover. (R) (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 Dickinson's Real Deal. (R) (T) 3.00 Daily Cooks Challenge. (T) 3.59 London Weather. (T) 4.00 Inspector Morse. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (R) (T)

6.00 London Tonight; Weather. (T)  
6.30 ITV Evening News; Weather. (T)  
7.00 Emmerdale. Nicola desperately tries to convince Rodney to write more stories, while David is furious to discover his girlfriend has received an advance from the publisher and not told him. Viv decides the only way to avoid prison is to go on the run, leaving Jamie the task of convincing her it's not a good idea. (T)

7.30 Coronation Street. After a sleepless night worrying about Michelle and her friend JD, Steve lets himself into the pub to find them enjoying breakfast together. Jerry begins to feel the effects of Teresa's poisoning and David takes desperate measures to win back Tina, who books an appointment at his salon to exact her revenge. (T)

8.00 Peter Ackroyd's Thames. The author explores the work of artists Turner and Whistler and meets photographer Harry Cory Wright. Plus, recording the Thames at dawn using a Victorian glass-plate camera. (T)  
8.30 Coronation Street. Tina continues to make a scene in front of the shop's clients, much to the horror of David's bosses, who throw the pair out onto the street, and Michelle receives advice from Becky as she weighs up her situation with Steve. Elsewhere, Molly loses her engagement ring and Gail enjoys a secret date with Joe. (T)

9.00 Agatha Christie's Poirot. The patriarch of an artistic North Country family disinherits his son in suspicious circumstances just before his demise. Foul play is confirmed when the victim's youngest sister - the black sheep of the family - is killed with a hatchet after suggesting the death may not have been a coincidence. Whodunit, starring David Suchet, with Robert Bathurst, Anna Calder-Marshall and Geraldine James. (R) (T)

11.00 The Late News and Weather. (T)  
11.25 London News and Weather. (T)  
11.45 Bingo Night Live. Free-to-play interactive show.

12.50 Nightwatch with Steve Scott: Crime; (R) ITV News Headlines. 1.45 FILM: Angel Heart (1987). Supernatural thriller, starring Mickey Rourke. (T) 3.40 ITV Nightscreen.

### Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Premier League World 9.30 The Dogs 10.00 Pipeline Adventures 10.30 Live European Tour Golf. The SAS Masters. 12.30 Premier League World 1.00 Rugby League 3.00 IAAF Athlete Weekly 3.30 Live European Tour Golf. The SAS Masters. 5.30 Big League Weekend 6.30 Off The Bar 7.00 Premier League Preview 7.30 Live Super League. Wigan Warriors v Wakefield Trinity Wildcats (Kick-off 7.30pm). 10.00 Big League Weekend 11.00 Off The Bar 11.30 Premier League Preview 12.00 Super League 2.00 Big League Weekend 3.00 Off The Bar 3.30 Premier League Preview 4.00 Premier League Years

### Sky Sports 2

6.00 Aerobics Oz Style 6.30 Pipeline Adventures 7.00 WWE: Raw 9.00 WWE Wrestling Special 10.00 IAAF Athlete Weekly 10.30 Live International One-Day Cricket. England Under-19s v New Zealand Under-19s. 6.30 Pipeline Adventures 7.00 World Sport 7.30 Golf Night 9.30 World Sport 10.00 Tight Lines 11.00 NFL: Total Access 12.00 Golf Night 2.00 NFL: Total Access 3.00 Super League 5.00 World Sport 5.30 Motor Racing

### Sky Sports 3

6.00 Close 6.30 Show Jumping 7.00 The Dogs 7.30 British Motocross Championship 8.30 Rugby League 10.30 Premier League World 11.00 It's A Wonderful Run By Giggles 12.00 Sir Alex: The First Interview 1.00 Premier League Years 3.00 Premier League Team of the Season 4.30 Premier League World 5.00 WWE: Raw 7.00 Tight Lines 8.00 NFL 10.00 WWE: Late Night - Smackdown

### British Eurosport

12.00 WWE: Late Night - Bottom Line 1.00 Motor Racing 1.30 Rugby Union 3.30 Pipeline Adventures 4.00 Big League Weekend 5.00 Off The Bar 5.30 Premier League Preview

### Sky Sports Xtra

6.00 Olympic News Nihao 6.15 Olympic Athletics 7.15 Olympic Swimming 7.45 Olympic News Nihao 8.00 Live Olympic Diving. The women's 3m springboard preliminaries. 9.30 Live Olympic Weightlifting. The women's 75kg discipline. 10.15 Live Olympic Cycling. The men's team sprint final. 12.00 Live Olympic Athletics. Including the women's 10,000m final. 4.15 Mission to Beijing Live 4.30 Olympic Weightlifting 5.30 Olympic Artistic Gymnastics 6.30 Beijing Express 7.30 Mission to Beijing 7.45 Olympic Swimming 8.45 Olympic Athletics 10.00 Beijing Express 11.00 Olympic Football 12.30 Olympic Athletics 2.00 Live Olympic Athletics. The men's 20km walk. 3.00 Live Olympic Swimming. A further four finals from Beijing. 4.00 Live Olympic Athletics. Including the women's 100m and 400m heats.

### Sky Sports Xtra

9.00 ATP Tennis 9.30 Show Jumping 10.00 British Motocross Championship 11.00 Aerobics Oz Style 11.30 Racing News 12.00 NFL: Total Access 1.00 European Tour Golf 3.00 NFL 5.00 NFL: Total Access 6.00 Live Rugby Union. Blue Bulls v Witwatersrand Griquas (Kick-off 6.00pm). 8.00 Big League Weekend 9.00 Off The Bar 9.30 Premier League Preview 10.00 Championship Gaming Series 11.30 Rugby Union 1.30 Tight Lines 2.30 Championship Gaming Series 4.00 Transworld Sport 5.00 Tight Lines



# Birthday boy

Yes, amazingly Merlin is 2 years old on Thursday August 07<sup>th</sup>, where does the time go.

As regular readers will know Merlin has had an uphill battle for those years. His last 8 months, at times, have seemed very difficult. But, we seem to be winning. Thanks to his Immune Aid — well all else failed, 2 weeks on that fur started growing — his fur on both his bald patches is growing well — looks a little odd it has to be said but never mind, we love him!

Finally his lump is receding, the one that remained after his grass seed surgery on June 12<sup>th</sup>, (his second grass seed surgery in 3 weeks). He still has a slight lump, but in comparison to the size it was this is nothing. Sadly, he still has memories of all that happened over that month and has gone right back to his fearful self. He is fine here in his house but panics when he is out. So — we are off to the Silves Medieval Festival, followed by Fatacil. Hopefully that will prepare him for the next set of shows at the end of August at Estoril.

He is still not huge, he weighs about 22kgs so is still about 3/4kgs under the bigger boys



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We are opposite the Roman Bridge in Silves, next to Suzie's Bar

on the show circuit. However, after swimming for two hours a day he has a few more muscles. I will try him on one of our new higher protein foods (higher protein having been requested by some clients) and see how he gets on with that. From Day One he has never been a big eater, always eating less than the others. I presume, rightly or wrongly, that this stems from his early days in the pet shop when he obviously did not eat much, resulting in his very low weight when he came to us. He has just never regained those lost kgs from his first 4 months.

He remains very 'clingy' but I know when he has to go to Laura's, during Cleo's season, he settles after a couple of days — unlike his silly Sister who would not be welcome at the kennels as she likes her home comforts too much. They are just too spoilt. At this moment Cleo, the silly Sister, is upside down with a toy in her mouth, refusing Merlin any access as she rolls around hitting him with the rope part. He takes it all.

So Happy Birthday Merlin, here's to a better health year. No Advantix for him, only natural protection and blood tests. He seems to be one of those dogs that are allergic to everything — a bit like Chloemy Old English Sheepdog.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Jan Cobley

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Hi There !

**Patinho** is a lovely "Perdigueiro Português" X. He is living in the street at the moment and my friend Lisa is looking after him very well. There is no space for **Patinho** as Lisa has already many dogs. He is 3 years old, very friendly and calm. He is very good with children and other dogs. **Patinho** has been wormed and defleaded. Would you like to visit him and maybe take him with you? If you have good conditions and love to offer, call Valérie 913 860 865.



**Patch** is a beautiful, affectionate female pup. At 8 months old, she is really calm and steady, taking everything in her stride. She loves the car, people, other dogs and cats and especially food ! She has been spayed, is heartworm free and has had her 1st vaccination. Please call 282332621 or 282332416 if you can offer her the loving home she deserves.



They are looking for you then! I can show you during your visit the different cats and kittens, all very friendly and sweet. Many colours! Just come and see. Come and visit them! Call Valérie for a visit. Tels: 913 860 865 or 282 342 823 (evenings).



Are you looking for a kitten? Many different kittens and young cats are waiting for a nice loving home! They are all de-wormed, de-fleaded and some are vaccinated. Blacks, tabbys, tortoiseshell....



**Peggy** is a beautiful young bitch (4 months old). She is very active and playful. I would like her to go with a nice family (she is good with children) which would give her the love, care and space she deserves. **Peggy** has been wormed, defleaded and vaccinated. Call Valérie for a visit. (I have also many others dogs to show you!) 913 860 865 or 282 342 823 (evenings)

**Veterinary Surgery**

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August is Dental Month

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# Amber — our Burns winner from BLIP 2007

## An update on Amber:

"Nearly a year has passed since we won the prize of free dog food at your BLIP stand last year!

Ever since Amber has been on Burn's food and she has been thoroughly enjoying it! The fish taste is her favourite!

Over the year her coat has become shinier, fuller and her whole well being seems to be so much healthier! We had hoped to be able to mate Amber, a German Sheppard, full pedigree, this year and have some litter news for you. Before doing so, we decided to check her hips, and pity enough; they are not good enough to continue Amber's line. A sad decision, but we did decide to spade her last month. She has recovered very well from her operation, and herewith a picture to show how well she looks!

Amber is now hooked on the Burns and so are we, feeding her!

We were lucky enough to win



The beautiful Amber with her best friend.

the draw of your stand in last year's BLIP, as it was our introduction to this well balanced food.

Thank you again, and I certainly wish this lucky draw to many more, as by using it for such a long time Amber has shown how well this food has done to her!

Warmest regards  
Carolien"

Thank you Carolien and Amber.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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The Brampton Co makers of Simple Solution and Bags on Board know that the pets of Albufeira will really benefit from having a great store Paws4Pets just as the pets of Silves have for the last 4 years. We wish every pet and owner good health and happiness.

Nature's Harvest - natural hypo-allergenic foods for dogs and cats, very high meat content and no artificial additives! We are proud to support Paws4Pets and wish them every success with the opening of their second branch in Albufeira.

## TO GINJA

Portuguese cats are skinny and small

They wait silent, in ambush, at the end of the hall

Siamese or Egyptian, Burmese in the past  
They voyaged with explorers and clung to the mast.

They came with Phoenicians and maybe the Romans  
And married grey tabbies who lived with Barbarians.

Orange and stripy, or cream, even brown  
(seldom black) they haunt farmyards or lord it in town.

By night they hunt rodents and lizards by day  
Then lay in the sun like the lions at play.

They are character cats with a scream straight from hell  
And chase dogs from the garden with a hiss and a yell.

Mais barato to keep, mas mais caro to cure  
But who could resist their eternal allure?

At the end of the day it's tranquillity they seek  
There's an attitude change from the fierce to the meek.

Your chairs may be ruined by sharp little claws  
But your lap is a refuge for soft little paws

Ann Stringer - 28/7/08

Translation: mais barato = cheaper / mas mais caro = but more costly

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**SATURDAY 16<sup>TH</sup> AUGUST 2008**

10am until 5pm

Paws 4 Pets are opening their large, brand new, light and airy shop in Albufeira.

Lots of **new products** to see.

**PLENTY OF PARKING OUTSIDE THE SHOP**

**IZZY** the Portuguese Water Champion and **CLEO** the Portuguese Beauty Champion will be there to break the ribbon! Izzy and Cleo are the original Portuguese Water Dogs which started Laura and I on our quest to improve the breed and started our excitement in the breed. Chloe and Merlin will join in the party later.

We have managed to get the special **VIDA NOVA ROSE** and **VIDA NOVA RED** wines from the Das Vinhas de Sir Cliff Richard for you to help toast our opening along with a Selection of cheese from Cheese and Pickle of Silves. There will be soft drinks available for the drivers

Many of our suppliers have sent us messages of support some of which I have added on here.

We would love you all - old customers and friends, new customers and friends alike - to join us and celebrate our expansion. We have listened to our customers over the years and we always endeavour to provide you with what you require, whether it be products or just information.

We are offering 10% Discount on all purchases in our new shop until **30<sup>th</sup> August 2008**.

The new shop is easy to find, being 2 minutes off the EN125 at the Ferreiras traffic lights, only 5 minutes from Algarve Shopping.

**See you there!!!! WOOF WOOF!!**

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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Burns Pet Nutrition Ltd. We have supplied Paws4Pets with Natural Holistic Dog, Cat Food and Hypo-Allergenic Treats at their shop in Silves and wish them lots of luck with their new larger shop in Albufeira.

The Little Dog Laughed. We have supplied Paws4Pets with Greeting Cards and Gifts at their shop in Silves and wish them best of luck with their new larger shop in Albufeira. Good Luck in the new shop!

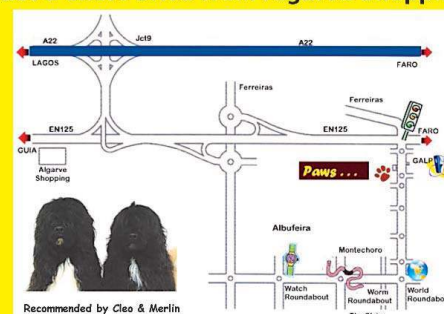
GWK Nutrition - We have supplied Paws4Pets with our ten product Joint Aid for Dogs at their shop in Silves, as our Euro lent retail network and we are very confident that the new shop in Albufeira will be a great success for them and us

Dorcas Herts have been supplying Paws4Pets with their unique range of herbal supplements for dogs and cats which have been established in the UK for the last 60 years. We wish them lots of luck with their new larger shop in Albufeira and are pleased to have now appointed them as exclusive distributors for the Dorcas range

Doreen Paige Ltd. - Natural Grooming Products wish Paws 4 Pets every success with their new store in Albufeira. Discover the Doreen Paige range there or at their existing shop in Silves!

Wishing Paws4Pets all the best with their fantastic new large store from Apollia Meat Products, manufacturers of Nature Menu.

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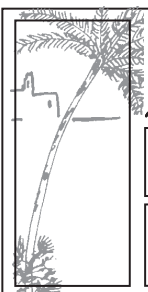
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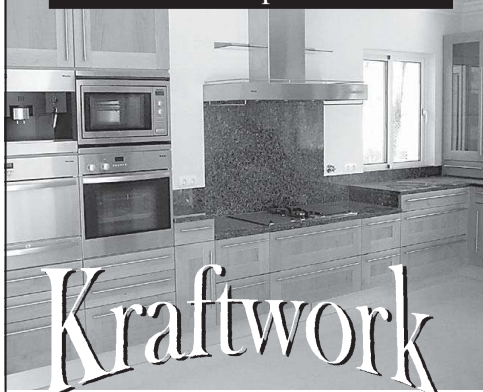


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## WHERE TO WORSHIP

## Lisbon

**IGREJA DO CORPO SANTO, LISBON** Largo do Corpo Santo, Catholic Services in English, Mass each Sunday and Holyday at 11.00am Tel. 21 467 3771

**IGREJA DA SRA. DOS NAVEGANTES, CASCAIS** Ruas dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

**ST MARIA, São Pedro do Estoril** Catholic Service in English every Sunday at 10:15 Tel. 21 467 3771

**OCEANIC CHRISTIAN COMMUNITY** - An International Spirit-filled Church serving the Linha de Cascais area. Small group bible studies meet regularly. Join us for Sunday worship with a contemporary style at the Hotel Saboia, Rua Belmonte, No. 1, Estoril. For more information contact us on 21 9282019

**INTERNATIONAL BAPTIST CHURCH OF LISBON** 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Mornoh

**BAPTIST MISSION - Esgueira (Aveiro)** Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel. 965-363-986

**GREATER GRACE WORLD OUTREACH** Has Live (and archived!) upbeat and inspiring Worship Services available for free viewing thru their website [www.ggw.org](http://www.ggw.org)—the site also gives contact info for their ministries in northern and southern Portugal. Check it out and be blessed

**RIVERSIDE INTERNATIONAL CHURCH** Office: Rua São José 178, 1.º d.º, Fontainhas, 2750-134 Cascais. Phone: 21 483 6590. Fax: 21 483 6592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, N.º 80, Quinta do Junqueiro, 2775-584 Carcavelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carcavelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

**THE DOOR** Christian International Church meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm—all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

**CHAPEL OF ST. PIUS X: PRIORADO S. PIO X**, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

**ST GEORGE'S CHURCH, LISBON** (Church of England), Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30am every Sunday. Tel. 21 4692303.

**ST PAUL'S CHURCH, ESTORIL** (Church of England), Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril), Sunday School. Service 9.30am every Sunday. Tel. 21 4692303.

**ST. MARY'S, S. PEDRO DO ESTORIL** 368 Rua do Mural, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

**ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN)** Rua Ariaga, 13, Lisbon: Sun. 11.00. Minister's Tel: 214 837 885, [www.standrews.lisbon.com.sapo.pt](http://www.standrews.lisbon.com.sapo.pt)

**CASCAIS INTERNATIONAL CHRISTIAN CHURCH** Av. de Sintra, N.º 1154, Cascais (Tel. 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

**THE SALVATION ARMY, LISBON** Reboreira Corps (Praceta Almada Negreiros, Lote 213 Loja Dt do Exército 11A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

**IGREJA DE CRISTO (CRISTA)** Carcavelos, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

**LISBON'S NAAGUE** Rua Alexandre Herculano 59, Tel. 21 385 8604 Fax 21 388 404 e-mail: celestboa@mail.telepac.pt

**BAHAI FAITH** - Av. Ventura Terra, N.º 1, Lisboa, Tel.: 217590474, E-mail: gae@bahai.pt

**IGREJA BAPTISTA** de Queijas (close to Cascais) Rua Carlos Santos 88, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10:15/Portuguese 12:00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua João de Deus, 78, Sintra. (Behind Sintra train station). Sunday 3pm. Tel: 214 690 600. No collection.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua da Barroca, 122 (Bairro Alto), Lisbon. Saturday 6.30pm. Tel: 213 421 604. No collection.

## The Algarve

**CHURCH OF ENGLAND SERVICES** St. Vincent's Anglican Church of the Algarve, Igreja Senhora de Fátima Holy Communion. 9.30 every Sunday. Info Rosie Baden-Powell 289 328302; St. Luke's, Monte da Palhaqueira, Górgos. (Nr. Sta. Barbara) Holy Communion 11.30 a.m. every Sunday. Info Maxine Stravastava 917 267 948; Luz Senora da Luz Holy Communion. 12.00 every Sunday. Plus Children's Rainbow Club. Info: Joyce Daffey 282 788104

**ALL SAINTS ANGLICAN CHURCH, ALGARVE** - Contemporary, Evangelical worship. Sundays: Holy Communion Service with Crèche and Adventurers. 10.30am Community Centre, Almoncil (ASCA - Associação Social e Cultural de Almoncil). Service in Lagoa at Lagoa Convent Chapel 6pm. Details from 282 380311 or [www.allsaintsalgarve.org](http://www.allsaintsalgarve.org). See our website for dates of Services of Holy Communion.

**CENTRO CRISTÃO FONTE DE VIDA** Pentecostal Church, Sítio do Paul, Estrada do Sargacal, Sargacal 8600 Lagos. Apartado 4388601/905. Fridays Youth meeting at 09.00 p.m. Sundays 10.00 a.m. Tel: 282 764 040 Fax: 282 799 518 Website [www.fonte.vida.org](http://www.fonte.vida.org)

**THE SALVATION ARMY** in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, n.º 19 (next to the Market).

**CATHOLIC MASS** every Sunday party in English - 11am. At St. Lourenço Church - Almoncil - 6.30pm. At Four Seasons Country Club - Quinta do Lago - Almoncil. Further information, please contact the International Catholic Community of Almoncil (Griselda Neto on 966168120 or Vitor on [vgn@dompor.com](mailto:vgn@dompor.com)).

**INTERNATIONAL CHRISTIAN FELLOWSHIP** in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays: 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel 282 461 985

**LIVING HOPE BAPTIST CHURCH** English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: [pastor@bev.pt](mailto:pastor@bev.pt)

**CHURCH IN ALJEZUR/VALE DE TELHA**. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

**INTERNATIONAL COMMUNITY CHURCH** in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Lago Golfinho). Tel. 282-086804 or 282-697546.

**INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE** Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

**LAGOA CHRISTIAN FELLOWSHIP** An International English speaking church. Contemporary worship and Christ-centred study of the Bible. "God Squad" for kids, toddler thru pre-teen. Service every Sunday 1am to 12:30 pm. Portuguese translation available. Address: EN125 - Vale de Lousas, Alcantarilha. Next to Auto Heat, SACL & Centro de Lareiras. Pastor Alípio Amaral Tel. 282 381347. Visit our website at [www.lagosfellowship.com](http://www.lagosfellowship.com)

**TAVIRA CHRISTIAN CENTRE** Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322857, Geoff 969 100 121 or Maria 966 380 404. E-mail: [jackieandm@yaho.com](mailto:jackieandm@yaho.com)

**RESGATE DE VIDA, LAGOS APOSTOLIC MULTI-CULTURAL FELLOWSHIP** Raising up a New Generation According to, Eph 4 v 11-12 Prophetic Worship, and a Holy Spirit Inspired Word. We invite you to come and drink of the New Wine. English & Portuguese speaking Translations Children Welcome. Meeting on Sundays 7pm - 9pm Wednesdays 8pm - 9.30 pm At Rua - Hospital S. Joao De Dues. 300m North of the traffic lights at the Interchange Supermarket on the left next to the video shop. English tel. Michael & Yoka 282 782 845 Portuguese tel Ana 934 241 766 email [frlan@sapo.pt](mailto:frlan@sapo.pt)

**ROMAN CATHOLIC ST. ANDREWS, PENINA**

R.C. Mass in English every Saturday 6pm. St. Andrews Church, Penina. For further information, please contact Padre Manuel 282 459151

**SALVATION ARMY** Service Sundays at 10.45am in Portuguese. Bible studies for children, adolescents and adults in Portuguese starting at 9.30 until 10.30. Rua 25 de Abril, nr. 19, São Bras de Alportel

**EREV SHABAT** - For services Tel: 282 416710

**JEHOVAH'S WITNESSES** - Public Talk in English. The New Kingdom Hall of Jehovah's Witnesses, 25 Largo Emgembouro Sarrea Prado, Portimão (Next door to the University). Saturday 4pm. Tel: 282 332 813. No collection.

**JEHOVAH'S WITNESSES** - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

## Oporto

**ENGLISH SERVICES In OPORTO—GREATER GRACE** now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on [www.nova-aurora.com](http://www.nova-aurora.com) by email to [nova-aurora@nva-aurora.com](mailto:nova-aurora@nva-aurora.com)

or clix.pt or by calling 91 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived services, can be seen at [www.ggw.org](http://www.ggw.org).

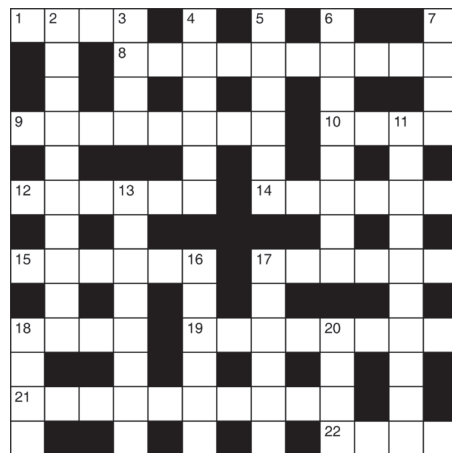
**RIVERSIDE PORTO INTERNATIONAL CHURCH—Oporto**. A church that is fun and enriching; Bible based and relevant. Caring, supportive and international. Interdenominational meetings from 6pm Sundays at 1642 Avenida Sacadura Cabral, Aguda, VNG, between Aguda railway station and Miramar golf course. Call Tina or Bill Mason on 227 627 643 or 914 949 611 for more details. [contact@riversideporto.com](http://contact@riversideporto.com) web site [www.riversideporto.com](http://www.riversideporto.com)

**ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO** Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. [www.stjamesoport.com](http://www.stjamesoport.com)

**THE SALVATION ARMY OPORTO** Pereiro Corps (Av. Vasco da Gama No: 675-2 E Ramalde). Service 10am, Salvation Meeting 5.00pm. Coloras Corps. (Av. dos Bombeiros Voluntários; Tel: 22 929 1077) Sun. 10am. Thurs 4.00pm Ladies Home League Meeting.

**JEHOVAH'S WITNESSES** - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

**CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH**. At 6.00pm on the first Sunday of each month, except in August and January. Held in the Evangelical Baptist Church, Rua Dr. José Sautade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.

The Portugal News  
Crossword No. 204

## QUICK CLUES

## ACROSS

1. Jot (4)
8. Silence by surprise (6,4)
9. Agreeable (8)
10. Stake (4)
12. Rubout (6)
14. Took notice (6)
15. Small tower (6)
17. A planet (6)
18. A goddess (4)
19. Wins back (8)
21. Honestly open (5,5)
22. Dispatch (4)

## DOWN

2. Crawling (2,3,5)
3. A continent (4)
4. Lubricate (6)
5. Drawing (6)
6. Contiguous (8)
7. Competent (4)
11. Moscow citadel (3,7)
13. Rough (8)
16. Pulsates (6)
17. Gregarious (6)
18. Middle Eastern country (4)
20. Joins (4)

## QUICK SOLUTIONS No. 203

Across: 7 Roach; 8 Element; 9 Adverse; 10 Earns; 12 Protection; 15 Songstress; 18 Sound; 19 Topical; 21 Mariner; 22 Adieu.

Down: 1 Broadcasts; 2 Halve; 3 Char; 4 Detect; 5 Defences; 6 Terrain; 11 Santa Claus; 13 Resident; 14 Inquire; 16 Retire; 17 Acid; 20 Pear.

"For the LORD is our judge,  
the LORD is our lawgiver,  
the LORD is our king; it is  
he who will save us."

Isaiah 33:22



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## Stagnant

I am currently visiting my home state of Iowa. Before leaving Portugal I had heard about the flooding here while listening to CNN. Though my part of the state did not suffer too much damage, parts of Eastern Iowa, where I lived as a child, were devastated by floodwaters and tornado damage. My plane landed in Chicago and as we drove west on Interstate 80, we witnessed the problems caused by the overflow of the Mississippi River.

Many of the corn and bean fields, which bordered the highway, were covered with water. Ponds and lakes had overflowed their banks creating overgrown puddles that would take much of the summer to subside.

When water stops flowing, it becomes stagnant. There is nothing appealing

about a stagnant pool of water. In fact, it can be a major problem; a breeding ground for mosquitoes that transmit diseases like Malaria and dengue in many parts of the world. Drinking from such pools is dangerous because stagnant water acts as a kind of incubator for many kinds of bacteria and parasites. Fish cannot remain alive in such conditions.

Walking alongside of several stagnant pools, I was overcome by the unpleasant stench of the unmoving water. The stagnant waters around my home state, remind me of the dangers of stagnancy in our Christian lives. As Christians, if we are not actively studying God's Word, attending church, and spending time in prayer we risk becoming spiritually stagnant. God designed for us to grow as we allow His truth to flow into our lives. In the same way, if we are not sharing the

truth we have already accumulated, there is no outflow. Without our realizing it, our spiritual lives are in danger of becoming stagnant. Those with whom we live and work will soon be repelled by the awful stench and want nothing to do with the God we say that we love and serve.

As believers, let's make sure that we live in such a way that our lives reflect the glory of the amazing God we claim to love and serve. May our lives be like a pleasing aroma to others and to our God.

"Our lives are a Christ-like fragrance rising up to God."

II Corinthians 2:15

More information about how to have a relationship with God can be found at [www.rbc.orgpersonal\\_relationship\\_with\\_god.page](http://www.rbc.orgpersonal_relationship_with_god.page)



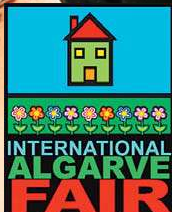
# September: Focus on the International Algarve Fair

During the month of September residents and visitors to the region will be focussing on the International Algarve Fair. So for the whole month of September we are giving the opportunity for all exhibitors to advertise the products or services they will be offering completely free of charge in the classified section.

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## Announcements

**LONELY? BORED?** Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more)! Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

**CASA - WELL-KNOWN** local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.



**ATTENTION** - Fred Peters. Closed until 5th September. Only by appointment. Please phone 282 338 602.

**NEW TENT FOR RENT** Quecha T4, 2 EX Air. For tent size and details visit [www.quecha.com/EN/t4-2-xl-air-33684474/](http://www.quecha.com/EN/t4-2-xl-air-33684474/) ideal for families.

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## Charities

**THE ANIMAL** charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

**CAR BOOT Sale** held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on [Happyhounds@mail.telepac.pt](mailto:Happyhounds@mail.telepac.pt) for more information.

**ABA CHARITY** shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

**DONKEYS, DOGS** and kittens! Please call the Donkey Sanctuary if you can help home an animal in need. Mobile 965019796.

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**WANTED:** THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

## Education

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**PORTUGUESE LESSONS** at home with a Portuguese translator in Lagos or nearby mob: 914 566 017.

## Entertainment & Leisure

**ARE YOU** looking for a new hobby? Have too much time on your hands? Fancy meeting an extraordinary group of people? How about joining THE ALGARVEANS theatre group? We are your local Am Drams for the Western Algarve. Contact Nikki on 917 776 245 or [nikki\\_luz@hotmail.com](mailto:nikki_luz@hotmail.com) OR check out our web address: [www.thealgarveans.com](http://www.thealgarveans.com) You need no experience and are invited to try your hand at painting, carpentry, sewing as well as actually treading the boards! We hope to be doing workshops this year, where all are welcome. Give me a call.

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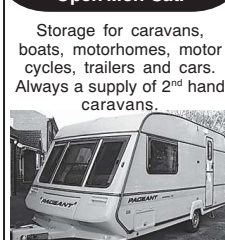


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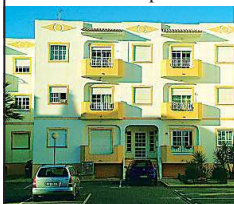
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# Ronaldo fails to pitch



As the audience was full of anticipation, the Portimonense football stadium was surprisingly less so. Posters advertising the Julio Iglesias concert outside the stadium indicated a 'sell out' for the one-off event, but in fact many seats remained empty, surely a disappointment for those who would have loved to have been there on this dazzling night under the stars.



Although Ronaldo was expected to be a guest at the concert, it was his family who made the star appearance, led by his mother Dolores and his sister RONALDA, a well known singer and performer in Portugal. (Photo: The Portugal News)

Perhaps it was the cost of the seats, which at this time of economic restraint seemed rather high, especially for those with the cheapest 'seats', who had to stand at the furthest end of the pitch throughout the performance.

However if you could afford a seat on either side or in front of the stage then you were in a position to sit back and take in the atmosphere of the warm Algarve evening, whilst enjoying a little 'star gazing' as several local ce-

lebrities appeared through the VIP entrance.

While the stadium was perhaps not the most stylish of venues for such a long-established idol the production was of the highest standard. Senor Iglesias has tremendous presence on stage and the lighting, sound systems, two giant screens, and of course his band and backing singers only enhanced further his ever professional performance to the obvious delight of his fans.

Rumour and speculation was

running rampant regarding the expected attendance of Cristiano Ronaldo, and as the waiting media largely ignored most of the minor celebs, much to their chagrin, it was the arrival of Dolores dos Santo Aveiro and pop-star RONALDA, the football ace's mother and sister, who caused a sudden frenzy of flashing light bulbs. But as the time for the show to start approached it became obvious that as far as Cristiano was concerned this was to be a 'no-show' or was it ....

## Portugal stay in football top ten

Spain, European Champions, maintained first place in FIFA's rankings in the month of July. Russia jumped into the Top 10 international teams after their outstanding performance in the Euro 2008 tournament. Portugal maintains ninth.

After a slow month in international games, only a few changes were made in the Top 10 FIFA rankings. Germany took Italy's second place, Holland rose to

fourth. Croatia maintained fifth place and Brazil descended to sixth followed by Argentina. The Czech Republic and Portugal stayed in eighth and ninth, respectively,

and the Euro revelation team Russia inserted itself at the bottom of the table after reaching the semi-finals of the Euro Championship.

## Road deaths down

So far this year, compared to 2007, there have been fifty less deaths and 367 less serious injuries resulting from road accidents. According to statistics from the National Road Traffic Authority, between 1<sup>st</sup> January and 31<sup>st</sup> July 413 people died on Portuguese roads this year.

On the down side, almost half the road deaths in the beginning of August involved two-wheeled vehicles. Of the 20 fatal accidents that have occurred so far this month, nine of them had motorbikes involved.

Despite average figures lowering, between 15<sup>th</sup> July and 4<sup>th</sup> August there have been 49 deaths, eight more than in 2007.

Also, last weekend had most deaths this year, fourteen.

Serious injuries have had a significant reduction with 1,410 serious injuries this year, compared to 1,777 in 2007.

Minor injuries have also fallen to 22,294, 2,215 less than last year.

Through regions, Lisbon has the most deaths (55), followed by Porto (52) and Aveiro (44). At the opposite end of the scale are Portalegre (four), Vila Real (six) and Guarda (seven).

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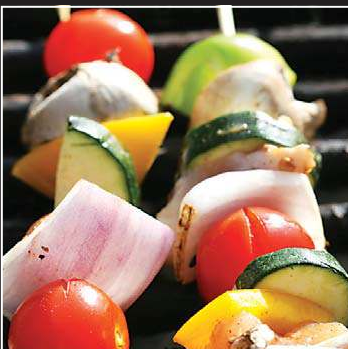
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# BOOK YOUR SPACE TODAY



The weekend of September 20th and 21st is eagerly anticipated by thousands of people who are waiting to attend "the greatest family party" in the Algarve. The organisers of The International Algarve Fair have planned even more attractions for the forthcoming show staged at Fatacil fairground in Lagoa and the publicity will be more extensive than ever.

With 10,000\* visitors staying an average of five hours\*\*, booking a stand for your company will guarantee maximum exposure for your business. The fair has the lowest cost stands and the highest attendance of any event for the expatriate market. If you have not yet reserved your space, call the Exhibition Hotline on 282 380 317 or go to [algarvefair.com](http://algarvefair.com).

## Stands

There will be over 120 stands with everything for the home, garden and lifestyle. Stands will be offering advice on travel, home improvements and finance, there will be lots to buy including fashions, books, art, decor, specialist foods, pets products and visitors can enjoy beauty treatments and health advice.

## Puff Park

Children love this adventure area with several giant inflatables, which is located in the arena. There will also be clowns, face painting and a real fire engine to explore.

## Human Table Football

A unique competition that is set to provide visitors and participants with endless hours of fun. A maximum of 16 teams will be vying for the title of the first Human Table Football champions of the Algarve. To participate contact Tommy Broad tel: 282 380 317 or e-mail: [tommy@the-news.net](mailto:tommy@the-news.net).

## Garden area

Everything for the keen gardener and a place to relax and enjoy..

## The Algarve Wine Festival

Set amid the garden area in a special marquee, Lagoa City Hall will be staging their annual wine festival.

## Pavilion: Home, Property & Finance

The area that every visitor will pass through, and a good place to be if you want your company to be seen. Everything from banking, mortgages, home services, furniture, property, even new cars.

## Food Arena

There will be several international restaurants in the Arena: Pizzas from Italy, Tandoori from India, Pastries and Bifanas from Portugal, Hotdogs and Hamburgers, Shell fish from Portugal, Surinam specialities, a Braai from South Africa, Indonesian Cuisine and Cakes, Pies, Pasties, Sandwiches and Cream Teas from the UK, Danish open sandwiches and Slush Puppies.

## All Day Entertainment

The lineup already includes Harp John, OO-Boop-I-do and Klonakilty plus street artists, clowns and entertainers performing throughout the Fair.

## Arts & Crafts Market

A dedicated section for artisans to show off their wares in a beautiful tented area. Spots can be rented for only 75 euros.

## Motor Show

Where visitors can see the latest models and talk to motoring experts. Also situated in the Pavilion.

\*attendance in May 2008

\*\*according to a survey conducted in May



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ADVERTISER'S ANNOUNCEMENT

# Are you tired of waiting around ?

Ready to make that step?

We can offer you the "key" to your property abroad.

The pound is at its weakest point ever against the euro and many would-be Portuguese property buyers are toying with whether they should hold off purchasing their desired property until the pound's value improves.

But with the Portuguese property market yielding such great prices at present – prices that property experts believe will increase by up to 15% in the most popular areas over the next year – it would be a shame for investors to miss out on that idyllic Portuguese Algarve retreat.

The currency exchange rates are more favourable in Portugal than in the U.K. when changing sterling into euros, this conversion rate benefit makes the cost of buying a property on the Algarve more affordable and minimize the effect of the current weakness of sterling.

This in conjunction with a euro mortgage provides for even greater cost benefits when purchasing a property in Portugal.

So if you are someone discouraged by rising UK mortgage rates and the weak pound, but have the desire to buy in Portugal (Algarve), please speak to us and we will advise you accordingly.

We at Algarveeasyproperty, strive to give our clients the up to date information and choices involved in property purchase, through us you too could benefit from our experience and knowledge and we can show you the way where your money makes you money in using a high interest savings account,

(At times interest can reach 6% or more), in a secure account.

The focus is squarely on a Euro Mortgage with a minimum deposit, mortgage advisors are recommending that buyers seriously consider this option because it is now possible to obtain a Portuguese mortgage without an early redemption penalty, and thus, after a minimum of 12 months, buyers have the option of paying off mortgage and taking advantage of potentially improved currency exchange rates. On the other hand, buyers who need a long term mortgage could take out a mortgage with a short first term of perhaps two years and at its expiration, change to a UK mortgage if the pound has recovered against the euro.

Here is an example by one of Algarveeasyproperty, mortgage consultants comparing the costs of a 3 year fixed mortgage in sterling and euro, assuming the potential exchange rate fluctuation, and demonstrates it with a hypothetical mortgage scenario:

"If after deposit and fees a buyer needed to arrange a mortgage for say €125,000 (£100,000), that buyer's best options may be to take out a Euro Mortgage because after 3 years if the pound recovers, they would be able to redeem the Euro Mortgage and take out a new Sterling Mortgage:

"The balance to repay after 3 years would be €108,000. If after 3 years the pound had risen to €1.5, you would be able to take out a new Sterling mortgage of £72,000 (€108,000 at 1.5 euros to the pound) instead of £86,400 at 1.25 euros to the pound, a saving of £14,400.

"We can also see that the monthly payments on a Euro Mortgage would be less than a Sterling Mortgage: if you were to arrange the 3 year fixed rate mortgage for €125,000, at the current exchange

rate, the £100,000 mortgage in the UK would cost £830 per month at a rate of 5.74% whilst the Portuguese mortgage would be €990 per month at 4.95%, equivalent to £792 per month in sterling.

"This example recognises the considerable savings one could potentially achieve at present, in acquiring a Euro Mortgage as opposed to a UK Mortgage."

(For illustration only, interest rates and currency rates may vary).

The message here is that a Euro Mortgage is a feasible solution for buyers worried about the current value of the pound but who believe that it will recover. Further still, if the pound does not recover, buyers will still have beaten its weakness, and the Euro Mortgage would in fact be an even more attractive and cost-effective option: repayments will decrease until you are ready to pay the mortgage off completely, and you would have bought your Portuguese-Algarve property at a time when their prices are very reasonable – an average 48% lower than UK property.

Some important added information is also the bonus of the scrapping of inheritance tax by the Portuguese government. This enables the owner to pass on the property to a family member with no penalty occurred, this now becomes a further reason why purchasing a property here in the Portugal (Algarve) is so much more financially attractive.

For further advice on Euro Mortgages and whether it would be a beneficial option for you, please contact us on [info@algarveeasyproperty.com](mailto:info@algarveeasyproperty.com)

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## Cristiano Ronaldo: "I'm staying put"



In an interview published on Thursday by Público and the Guardian, Portuguese star Cristiano Ronaldo has confirmed that he will not be leaving Manchester United for Real Madrid. He apologises for the "confusion" his indecision has generated, and adds that along with his agent, Jorge Mendes, Sir Alex Ferguson has been the most influential person in his career.

While not confirming his future beyond this coming season, Cristiano Ronaldo has pledged his immediate future to the Red Devils, adding that he has just purchased a new home in the Greater Manchester area.

Speaking of his manager's recent trip to Lisbon, the Portuguese international explained: "Sir Alex listened to me, I listened to him and we established that the best for both sides would be for me to continue at Old Trafford. So, I can confirm that I'll be playing for Manchester United next season. And before there are any rumours and speculation about me staying against my will, I want to make one thing clear: whoever says or writes anything to that effect is lying. I'll be playing at Manchester United with my heart and soul. I will fight and honour the shirt with the same desire and dedication as I always have."

The Madeira-born 23-year-old further accepted blame for the furore surrounding a potential move to Spain, adding that Real Madrid should not be criticised for their part in the 'fiasco'.

"It wasn't their fault because it was me that said publicly that I wanted to move to Real Madrid", he told Bruno Prata from Público, adding: "It was also me, although wholly unintentionally, that caused the friction be-

tween the two clubs."

As for the reasons behind his near-departure he admits he wanted a new challenge: "I never hid the fact that I wanted to play in Spain, for Real Madrid in particular, and I thought this could be the right moment."

"Manchester United and Real are probably the two biggest clubs in the world and it would never be an easy decision to

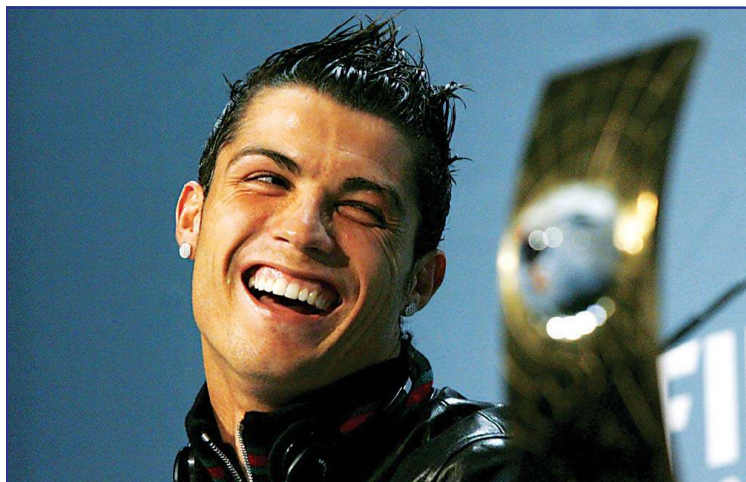
make. Apart from the challenge, everyone realises that Spanish and Portuguese culture and lifestyle are more similar. Those were the reasons that made me consider the change."

He further denied money played any role in him considering a move closer to home.

Cristiano Ronaldo concluded the interview by explaining he had always given his heart and

soul to the club.

"I even played a major part of the season injured, which was verified by my operation. I played in excruciating pain while taking anti-inflammatory medication every day. And I'd do it again if necessary. This club deserves it because the United staff and the fans are fantastic, not forgetting the affection and respect I have for Sir Alex Ferguson."



Cristiano Ronaldo listens to questions during a press conference prior to the 17th Fifa World Player Gala in Zurich last December. (Photo: EPA/Steffen Schmidt)

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